



# FITSTOP FORUM

January  
2022

215 W. Manlius St. East Syracuse NY 13057 Phone: 315-214-5466 or 315-415-4043 E-mail: kathysfitstop@aol.com

Hi Everyone! This is the start of a brand new year and to go with that, we have a brand new piece of equipment! It is a whole body vibration therapy machine called the Power Step Plus. A few of you have tried it out for a couple of minutes and the response has been very positive. Among the many benefits, in less than 10 minutes, it helps to relax muscles and create circulation throughout the entire body. Since I would like to be present to monitor when people are using it, the machine will stay located in my office. You will have access to it while I am at the club. See below for the different uses, precautions and positive benefits of using our new whole body vibration machine. Here's to a healthy and Happy New Year!



### January Birthdays:

- 01/03 Gary W.
- 01/03 Jane M.
- 01/07 Cindy H.
- 01/10 Debbie G.
- 01/15 Wally P.
- 01/16 Yvonne H.
- 01/21 Dan B.
- 01/26 Joan D.
- 01/30 Pam S.
- 01/30 Nuriyah

### \*\*REFER-A-FRIEND\*\*

Any current member who refers a friend who signs up for a 12-month Basic or Select membership will receive a \$50 Visa gift card for the referral! Invite your

**Good Vibrations:** The idea of using vibration for health benefits dates back to ancient Greece, but the concept of whole body vibration transitioned from unproven concept to serious science when the Russian space program used it to stimulate the weight of gravity for astronauts who would otherwise lose muscle tissue and bone density while living in space's zero-gravity atmosphere according to an article from Generator Athletic Lab. In the 1980's,

Russian Olympic athletes used whole body vibration therapy to improve performance. While athletes have been using WBV therapy for years this therapy can be beneficial for anyone who is interested in improving their health. This type of machine can be used as a great warm up or cool down from exercising, or just a supplement to your regular work out regime as the Mayo clinic does recommend that you remember to include strength training and aerobic activity if you are using this type of machine. If you stand on the plate (with knees slightly bent), your muscles contract and relax up to 30 times each second. You can significantly amplify the effectiveness of any movement on the plate if you add squats, push-ups or lunges etc... You can vary positions and angles to activate more muscle fibers which can lead to more muscle growth and muscle density. But simply standing, sitting or placing your hands on the plate and just breathing and relaxing all your muscles will also have great benefits. It has been demonstrated in a study to lower blood pressure as it reduces hardening of the arteries in men in their mid twenties to postmenopausal women. When performed three times per week 10-15 minutes (which is the maximum time recommended on the Power Step/ Plus WBV therapy machine), it has been shown to improve bone density. Standing or performing exercises on the plate engages your core muscles and hip flexors to stabilize your body. Over time you will notice that your balance, coordination, posture and flexibility have improved. As muscles repeatedly contract

and relax; the blood circulation in your body increases, which speeds up the recovery process and increases metabolic waste removal. It also stimulates your lymphatic system. This is especially important for the aging body as it causes the lymph system to drain more efficiently, helping to remove toxins through the natural filters of the circulatory system. WBV therapy can also help to decrease cortisol levels. When cortisol levels are too high over an extended period of time, they can cause weight gain, high blood pressure, disrupt sleep, negatively impact mood, reduce energy levels and contribute to diabetes. Though there are numerous benefits to using WBV therapy, there are individuals who should avoid using this machine including people who are pregnant, have a pace maker, have current cancer or tumors, epilepsy, blood clots, neurological conditions, migraines, acute hernia, cardiovascular disease and those with hip and knee replacements. If you have any of these conditions or any health problems, it is always best to consult with your doctor before considering using this type of machine. If you don't have any pre-existing conditions that would prevent you from using this machine then you can enjoy the many benefits that whole body vibration therapy can offer.

### Something to Think About:

“Approach the New Year with resolve to find opportunity hidden in each new day.”

\_\_\_\_\_ Michael Josephson

**ANY NEWSLETTER IDEAS?** Let me know if you have an idea to share with our members or if you would like to promote something that our members may be interested in. **ANY WEBSITE UPDATES?** If you would like to add or update your own personal FitStop fitness testimonial at Kathysfitstop.com, please email your story to me at [kathysfitstop@aol.com](mailto:kathysfitstop@aol.com).