

DOES LOSING YOUR INDEPENDENCE DUE TO AGE SCARE YOU?

KEEP YOUR INDEPENDENCE FOR LIFE WITH POWER PLATE!

Strength and balance training have been identified by countless global medical organizations as the single most effective interventions to counteract loss of independence for seniors. The fact is, not everyone can perform intense strength and balance training due to physical limitations, or can commit hours a day to do so. With Power Plate, seniors can feel confident that they are using one of the most effective yet gentle tools for improving balance, increasing muscle strength and bone density in a matter of minutes, not hours. The vibrations produced from Power Plate allow muscles to contract and relax reflexively up to 50 times per second which work to improve balance and stability while also being a very beneficial for joints and improve muscle pain. Power Plate also stimulates the vestibular system, which is responsible for maintaining balance and posture. This stimulation helps to improve coordination and reaction time, making it easier to maintain balance. Other important factors to aging optimally and maintaining independence include a persons' flexibility, bone density and circulation- all of which are increased by simply standing or stretching on the Power Plate.



POWER  PLATE®

Available in The Renewal Center
2323 Oregon Pike • 717-569-4754
www.UniversalAthleticClub.com

Try Power Plate today!
Click here to schedule your free demo session.