

Strong Bones, Stronger You

Support bone health,
balance, and strength.

You want to stay
active and
independent. Enter
the Power Plate.
A low-impact,
vibration-based
platform that
strengthens your
bones and muscles in a
safe, effective way.

How it Works:

The Power Plate uses whole-body
vibration, which sends tiny,
rapid impulses through your body. This stimulates your muscles
to contract and relax multiple times per second. Just like they
would during weight-bearing exercise.

These vibrations:

- Trigger bone-loading activity, which encourages bones to
rebuild and grow stronger
- Increase bone mineral density, especially in the hips and spine
- Improve muscle strength, balance, and coordination to reduce fall risk
- Ideal for those managing osteopenia, osteoporosis, or limited mobility

In just 20 minutes a few times a week, you're giving your body the
signals it needs to stay strong, steady, and supported. All with joint
friendly movement.

You just need to move smart, and the Power Plate makes it simple.

[Click here to schedule
your free demo session](#)

POWER PLATE.



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Located inside Universal Athletic Club
2323 Oregon Pike • 717-569-4754 • www.UniversalAthleticClub.com