



The world leader in harmonic whole body vibration, Power Plate is the only equipment of its kind which is medically-certified for therapy, fitness training and everyday exercise alike. It helps you feel better by stimulating natural reflexes, increasing muscle activation and improving circulation.

At its essence, Power Plate keeps you revitalized in daily life. In just a few minutes, everyone can increase the sense of well being by performing simple stretches and easy movements to counter the negative effects of sedentary living.

As we age it's important that we exercise regularly and remain physically active in order to maintain independence, prevent falls and improve overall wellness. The key to a great routine or activity is to focus on vital areas to counter age-related decline, including flexibility, balance, endurance, mobility and strength.

When used regularly as part of a healthy lifestyle, Power Plate training has numerous wellness and fitness benefits, including:

Improve Circulation

Reduce Stiffness & Fatigue

Increase Strength

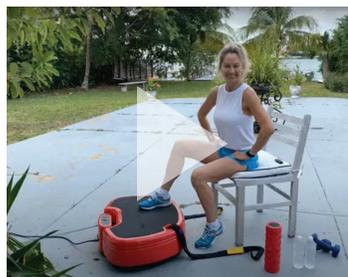
Boost Energy & Hormonal Health

Build Bone Density

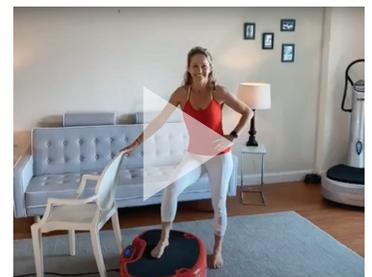
Improve Flexibility & Balance

Alleviate Pain

Power Plate has dedicated exercise programs and videos specifically focused on strength and balance training available On Demand. Strength training has been identified by many medical organizations as the single most effective intervention to counteract balance impairment and muscle weakness. Gait control, posture, coordination and balance are additional benefits of exercise using Power Plate. Power Plate removes the need to add additional weights or load joints while strength training.



*10 Minutes of Seated Cardio
with Sylvie Patrick*
<https://youtu.be/H7clZzs9ROc>



*10 Minutes To Better Balance
with Sylvie Patrick*
<https://youtu.be/qEolwiPpOFY>



POWER PLATE®
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POWER PLATE “THRIVE,” A WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR ACTIVE AGING

12-Week Program focusing on Balance, Brain and Bone Health

Did you know that you now have access to THRIVE as a special FAI offer? Power Plate is used by professional athletes, celebrities, health professionals and fitness enthusiasts around the world for more than 20 years. Power Plate offers an innovative Personal or Small Group Training program called 'Thrive'. This 30-minute, cutting-edge program was developed specifically with the active-aging community in mind, focusing on balance, brain and bone health, enabling users to feel confident, stay active and improve their health.



Scientifically proven based on decades of research and development, Power Plate's patented PrecisionWave™ technology is the critical component of the THRIVE program. This advanced technology provides users with harmonic vibrations that trigger the body's natural reflex response, making it an ideal, safe, low impact and effective solution for the active-aging population.

“Power Plate and whole body vibration technology has been scientifically proven to help with fall prevention, motor learning and motor control, which are key issues impacting the active-aging community. We're excited to debut THRIVE and continue having a positive impact

on a group of fitness enthusiasts that stand to reap a wide array of benefits from the program,” said Laura Wilson, Global Director, Small Group and Personal Training for Power Plate

The 12-week periodized program provides users with one new workout per week. THRIVE was designed to improve bone density and circulation, pain and joint relief, increased range of motion, stability, balance, and strength. Each Power Plate THRIVE workout is only 30 minutes, which includes a warm-up focusing on mobility and stability movements, two working sections that focus on strength and balance, and recovery that promotes functional flexibility and includes massage therapy for improved blood flow and additional recovery.



Fast forward to results and learn more about how Power Plate can help you get fit, stay active and remain independent.

activeaging.powerplate.com

www.powerplate.com

