

# Whole Body Vibration

## The Basics

A basic WBV exercise protocol for beginners is 15 to 20 minutes in length. It consists of a minute warm-up, 8 to 10 poses to focus on parts of the body you desire to work, and a minute cool-down. Wear loose, comfortable clothing and supportive shoes.

## Whole Body Vibration

The Whole Body Vibration (WBV) machine is essentially a platform that vibrates very quickly in three directions (up, down, and side-to-side, 20-55 times per second). Short sessions of this so-called “acceleration training” have shown remarkable physiological and even psychological benefits.

WBV was developed by the Soviet space program in the ‘60s to rehabilitate cosmonauts suffering bone loss and muscle atrophy. While a typical exercise session can only activate 30-40% of muscle fibers, WBV’s rapidly-moving platform reflexively activates nearly 100% of muscle fibers while simulating gravity and challenging the human body -- for a positive effect on tendons, bone tissues, the nervous system and hormonal balances.

WBV technology has been shown to enhance flexibility, agility, strength, balance, endurance, lymphatic drainage, and cardiopulmonary function. Specific benefits include improvements in sports performance, osteoporosis, neurological issues, back pain, weight loss, and cellulite reduction. Research shows that just standing on the vibrating platform increases collagen (for healthier, firmer skin), reduces cortisol (stress hormone) and elevates growth hormone.

A 10-minute session has a greater effect on the body than 60 minutes of conventional strength training!

## Contraindications

While WBV is nearly universally safe to use, it is not recommended for pregnant women or anyone experiencing an arthritic flare-up or a migraine headache.



# What WBV Can Do For You

## Stretching = Anti-Aging

*As you age, your muscles tighten and the range of motion in the joints decreases. Regular stretching increases range of motion, reduces tension and increases blood circulation and energy levels. Current research shows that vibration can increase range of motion beyond static stretching alone. WBV exercises almost 100% of the muscles, while conventional training methods reach only 40-60% of muscles. Specifically, WBV can reach the deeper-lying muscles such as postural muscles. Additionally, muscles not exercised frequently are often difficult to consciously activate. WBV reactivates these muscles by involuntary reflex. When you stand on the vibrating platform, each muscle in your body reacts in a continuous flow of micro-adjustments, contracting reflexively. WBV moves very quickly (20 to 55 times per second) across very small distances (one to two millimeters), so you aren't knocked off balance, but your muscles are forced to accommodate.*

## Weight Loss

*A multi-year study found that WBV effected 4 times the weight loss as traditional exercise. In addition, the vibration group kept off the weight 6 months after stopping use of the WBV machine, while the "diet only" and "diet and exercise" groups all gained the weight back and more. The study concluded that WBV technology allows the body to "reset" and keep weight off. Of course, maximum fat burning and weight loss can only be accomplished with proper nutrition, rest, and cardiovascular exercise in addition strength and flexibility training with WBV.*

## Reducing Belly Fat

*Even slim people accumulate dangerous pockets of visceral fat as they age. One animal study showed that WBV training actually caused – and maintained -- a 27 percent drop in the creation of new fat cells. Researchers suggested that the maintenance of this visceral fat loss might be related to hormonal changes in response to WBV.*

## Bone Strengthening

*Weight-bearing exercise is the #1 non-pharmaceutical treatment of choice to increase bone mineralization. WBV stimulates bone growth through weight-bearing and muscle-strengthening exercise – the weight borne being your body's mass as vibration's simulated gravity acts upon it. The vibrations apparently stimulate each cell's nucleus, which in turn triggers the release of osteoblasts to build bone.*

## Cellulite Reduction

*Cellulite is pockets of fat where toxins have accumulated due to a sluggish lymph circulation. By acting as a mechanical massage, WBV prompts thousands of muscle contractions into pumping lymphatic fluid out of problem areas, reducing fluid congestion in tissues, flushing out toxins, easing the load on your immune system – and helping rid the body of excess pounds and cellulite.*

## How and Why WBV Works

*You may remember this from high school physics: Newton's Second Law of Motion states that the force (F) of an object is a function of its mass (M) and its acceleration (A):  $F = M \times A$ . In order to benefit from a workout, you must increase the force upon your body by increasing either mass (e.g., by lifting weights) or acceleration.*

*WBV increases acceleration because the vibrating platform's changes in direction up, down, and side-to-side result in strong accelerating and decelerating forces, 25 to 50 times per second, upon the mass that is your body.*

## WBV Users You May Recognize...

Atlanta Braves  
New York Mets  
Miami Dolphins  
Oakland Raiders  
Anaheim Ducks  
Boston Celtics  
L.A. Lakers  
Miami Heat  
F.C. Barcelona Barcelona  
U.S. Olympic Training Center  
Clint Eastwood  
Shaquille O' Neal  
Memorial Hospital – Chester, IL  
Kronos (Longevity & Anti-Aging Clinics AZ, CA)  
NASA (Johnson Space Center)  
National Academy of Sports Medicine  
Physician's Back & Neck Clinic – Athens, GA



## Prices

Trial session of 3 minutes - free!

Independent session of 10-12 minutes - \$15 each

Package of 5 independent sessions - \$70

Package of 10 independent sessions - \$130

Protocol packages are offered for Osteoporosis, Fitness and Weight Loss (includes 20 minutes with Dr. Janeah to assess your needs/fitness level and customize a program specifically for you)

Pkg of 10 - \$190

Pkg of 15 - \$250

Pkg of 20 - \$330

For more info or to schedule a session, call us at 404-486-9644.