

# Whole Body Vibration

## What is it?

It is an exercise therapy called Whole-Body Vibration, which consists of low amplitude, high-frequency stimulation of the body for a host of physical benefits. Whole Body Vibration (WBV), has been used since the early 1900's, but has been developed since the 1970's when the Russians used this technology development of their athletic programs as well as Space Programs.

## How Whole Body Vibration works

When a muscle fiber is stretched, it will contract by reflex. By standing on the WBV machine, pure vertical vibration is transmitted throughout the whole body. This causes thousands of muscle contractions, which increases muscle tone. The movement of the vibration plate stimulates the body to respond with a strong involuntary muscle contraction similar to when your doctor taps on your knee with a Reflex Hammer.

Usage consists of standing upright on the WBV platform. It produces a low impact, true vertical vibration from 1 Hz to 60 Hz with varying of amplitude from 0 to 100. Vertical vibrations are transferred through the body, stimulating all areas: cells, blood vessels, organs, muscles etc.

The WBV platform is the newest leading-edge technology that goes beyond the standard mechanical vibration machines. This provides an improved vibration throughout the entire body where you can specify not only the speed of vibration (Hertz), but also the amplitude of each wave.

## What will Whole Body Vibration do for You?

Degenerative disease and accelerated aging all been attributed to insufficient cellular stimulation. As living cells struggle with poor nutrition, low oxygen levels, environmental toxins and stagnation of lymphatic fluids, disease conditions develop and accelerate aging. The solution has arrived in the form of low impact, vertical, Whole-Body Vibration.

No matter how young or old you are and irrespective of your level of fitness or health, WBV offers individual therapeutic exercise opportunity for almost everyone (some contraindications do apply). The whole body or a part of the body can be stimulated and trained. WBV accelerates the body's natural healing response by increasing cellular oxygen, enhancing cellular nutrient uptake, stimulating cellular fluid movement and facilitating cellular waste removal. As a result, the new cells are more resilient, vibrant and function together or cohesively as a healthier, longer lasting body.

WBV sessions last 10 minutes have been reported to provide a person with approximately the same benefits of a one - hour workout at the gym. It is fast, convenient, doesn't require changing clothes and a person will not be stiff and sore. Here is a list of just some of the benefits:

- Increase in bone density
- Drainage of the lymphatic system
- Increased circulation
- Relieves stress and anti-aging
- Reduces aches and pains
- Strengthens muscles
- \*Improved sleep patterns
- \*Improved Moods
- \*Improved balance
- \*Better Posture
- \* Rapid inch loss

**AUDUBON PARK WELLNESS**  
**DRS. MICHELLE & JAMES SNYDER**  
2909 W. Northwest Blvd.  
Spokane, WA 99205  
(509) 327-4049  
audubonparkwellness.com