

Benefits

Further research done over the past few decades has shown possible health benefits for stroke victims and people with spinal cord injuries. Vibration Exercise also has many other benefits such as:

- Low Impact – Kind to Joints
- Improved muscle strength and performance by up to 50% in as little as 3 weeks
- Increased bone density and improved osteoporosis
- Heightened sense of balance and improved coordination
- Increased flexibility and range of motion
- Enhanced critical blood flow throughout the body with enhanced oxygen uptake and lymph drainage
- Increased secretion of hormones that are important in regeneration and repair processes, such as HGH (Human Growth Hormone), and testosterone.
- Increase of the happiness hormone serotonin and soothing of insomnia
- Decreased cortisol levels reducing the effects of stress
- Rehabilitation of injuries and ailments
- Enhanced explosive strength
- Accelerated weight loss
- Reduced lower back pain
- Enhanced pain reduction – activates joints to sooth arthritis pain
- Enhanced digestion
- Improved incontinence