

Facts about Whole Body Vibration

My Rejuvenation Centre offers Whole Body Vibration as a part of a healthy lifestyle. When on the vibration exercise machine, you get a total body workout in just 10 min./day.

Some facts about wbv

- Fact: whole Body Vibration exercise is proven for muscle building and tone muscle.
- Fact: Whole Body Vibration exercise raises testosterone levels in the bloodstream for men and women.
- Fact: Whole Body Vibration exercise increases our production of Human Growth Hormone.
- Fact: Whole Body Vibration exercise raises resting metabolism.
- Fact: Whole Body Vibration exercise aligns ligaments, tendons and muscles.
- Fact: Whole Body Vibration exercise stimulates muscle repair, speeds injury recovering.
- Fact: Whole Body Vibration exercise decreases cortisol levels in the body. Cortisol is the stress hormone.
- Fact: Whole Body Vibration exercise increases oxygenation in all our cells, promoting healthy tissue regeneration.
- Fact: Whole Body Vibration exercise has a very low impact on joints.
- Fact: Whole Body Vibration exercise increases blood circulation and reduces inflammation.
- Fact: Whole Body Vibration exercise increases lymph circulation and speeds the release of toxins.
- Fact: Whole Body Vibration exercise protects bone health and is proven to build new bone cells.
- Fact: Whole Body Vibration exercise increases flexibility and balance.
- Fact: Whole Body Vibration exercise steadies posture and increases stamina.