



“Good Vibrations” at So Fit Gawler



Vibration training has been around for many decades but until recently has received very little public attention.

Originally used by the Russian space agency to combat the effects of zero gravity on the musculoskeletal systems of its cosmonauts, whole body vibration training has now been adopted by many of the worlds top sporting teams and health care practitioners, due in part to the reduced training time needed to achieve significant benefits (20 minutes) but more importantly to the overwhelmingly positive research being compiled at leading Universities and Medical Institutions world wide.

Some of the researched benefits include;

- improved muscle strength and performance
- increased stamina
- increased flexibility, mobility and coordination
- reduced aches & pains
- enhanced critical blood flow throughout the body
- increased bone density
- enhanced ‘explosive strength’
- accelerated weight loss
- improved collagen production and skin tone
- reduced appearance of cellulite
- decreased cortisol levels
- increased production of ‘happiness hormones’ - serotonin and neurothrophine
- improved recovery from injury

How often can I feel Good Vibrations?

Every day! The timer allows for up to a 10 minute session and this can be performed 2-3 times per day. There are many different vibration exercises that can be performed to keep your exercise varied and fun.

We offer casual sessions, (up to 20 minutes) for \$10.

Or purchase a 10 visit pass for only \$90.