

Health & Beauty *love your life*

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GOOD VIBRATIONS

Bodytone Wellness Studio sculpts and tones your body with the Power Plate technology

By Wong Ee Laine

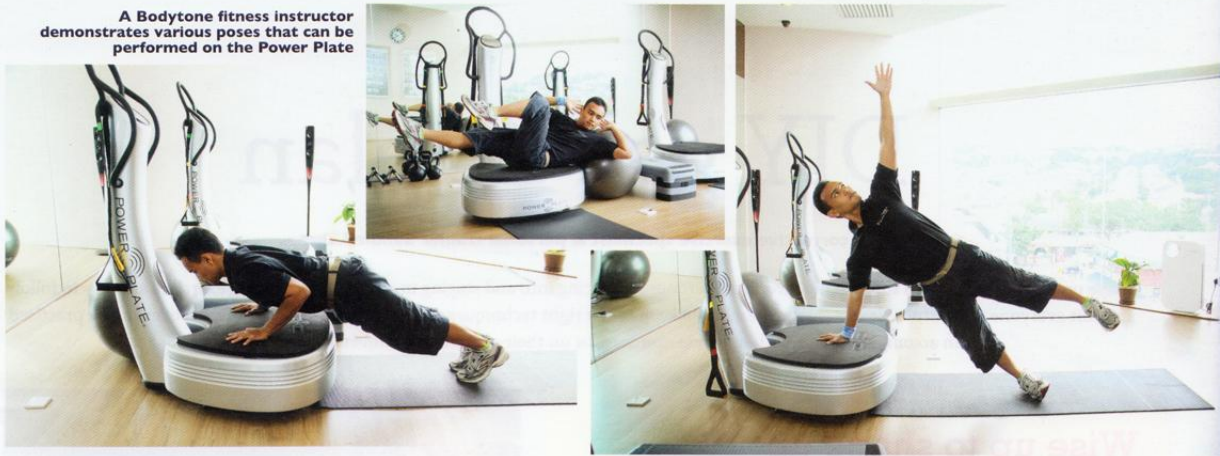
There's something to be said about vibrations. Who knew we would be able to derive such pleasure and convenience, like the ability to listen and to make music, from this simple law of physics? The latest technology to use vibrations is a range of exercise machines known as Power Plate. Power Plate has its origins in the 1960s when Russian scientist Vladimir Nazarov

used vibration on cosmonauts to decrease loss of bone and muscle mass in space due to minimal gravitational force.

Similarly, Power Plate machines transfer vibrations to muscles in the body, causing them to contract in a reflex action. Known as Advanced Vibration exercise, the workout requires one to hold a pose

for up to 60 seconds using the Power Plate, forcing various muscle groups to be activated simultaneously, resulting in a more toned and strengthened body. "I first tried it five years ago, and since then I've sworn by the machines, which have done wonders to my body and well-being," enthuses Ooi Ann Ann, operation director of Bodytone Wellness Studio, the first

A Bodytone fitness instructor demonstrates various poses that can be performed on the Power Plate



exclusive licensee and authorised centre of Power Plate machines in Malaysia.

First opened in Penang, Bodytone is committed to help you accelerate weight loss, speed up body sculpting, reduce the appearance of cellulite and body wrinkle and enhance vitality and energy. A tall order, you may think, but all this is achieved using a few services, namely the 'a-la-carte' 517 Ultrasound Lypolysis and the Total Body Photo-Stimulation Skin Rejuvenation treatments.

The Japanese-patented lypolysis treatment, which is completed before the start of a workout, helps to target problem areas such as tummy, underarms and thighs. It works by breaking down fat cells and sugar into pure energy so it can be easily expended during the workout, enabling

your body to work on stubborn fat sooner.

Promising they may seem, the machines were merely distractions from the purpose of my visit to Bodytone one fine afternoon. I was intent on trying out the Power Plate, the machine that has gained a following from the likes of Madonna, Kylie, Elle and Claudia, and discovering what the fuss was all about. Based on your fitness level, which is measured at the beginning of your first visit, your certified instructor designs an exercise regime to suit and to help you achieve what you want, be it thinner arms or better overall body strength.

Donning my exercise outfit and only a pair of socks, I repeated various moves either on, against or just holding on to a part of the machine. The challenge was not the moves themselves but to execute the exercises steadily and gracefully while staying balanced. Half way through the session, I began to understand what Ann had meant earlier. I broke a sweat trying not to topple over while repetitively doing the Warrior 3 yoga pose while standing on the Power Plate. Lest you be tempted to cheat, your certified personal instructor watches your every move. Forty-five minutes later, I left the studio with wobbly arms and legs. The next day, my thighs, tummy and arms

ached, evident that the vibrating machines worked.

So, if you're already a member of another gym, why should you join Bodytone? "To work all your muscle groups," Ann answers succinctly. "No matter what exercise you're doing, you're probably using only 40 per cent of your muscles. The difference between conventional workouts and the Power Plate is that the latter taps into your subconscious muscles," she adds. To be sure, not every woman needs Power Plate, but those who do would reap the most benefits when combined with other forms of exercise, like yoga, gym, running or tennis.

Depending on your age, results can be seen as soon as after four sessions. But as with most everything, there is no short cut to looking good, and if you want to lose weight, a balanced low-fat diet is recommended. If your goal is not to lose weight, you'll take heart in the fact that Power Plate helps to improve balance and coordination.

Power Plate is suitable for all ages except for pregnant women, those with osteoporosis, injuries, and who wear a pacemaker. **H&B**

Bodytone Wellness Studio is located at second floor, Bangsar Village II, Kuala Lumpur. For more information, call 03-2284 8011.



The Bodytone Wellness Studio in the Klang Valley is located in Bangsar Village II