

***"What you do makes a difference and you have to decide what kind of difference you want to make."***

***- Jane Goodall***

I love this quote because it's a great reminder that I got into this business because I wanted to make a difference in people's lives by helping them get and stay healthy as naturally as possible. My goal every month is to try to provide information that will somehow make a difference in your life. I often get emails from people thanking me for the information and I can't tell you how much that means to me. As I've often said, if I can just help one person because of what I've learned and shared, my dad wouldn't have died for nothing. Thank you. Keep those emails coming and as always, if you have questions, need more information or want help reaching a health, wellness or fitness goal, be sure to contact me.

Yours in health,



Susan Monaco, Certified Health Coach  
Health and Wellness by Design  
[www.healthnwellnessbydesign.com](http://www.healthnwellnessbydesign.com)  
[susan@healthnwellnessbydesign.com](mailto:susan@healthnwellnessbydesign.com)

### **Check out the Power Plate!**



A couple months ago, I started using this cool machine at my gym, before I knew how amazing it actually was for my body. It's called a Power Plate. While I'm on it, people often come up and ask me what it is and what it does. I give them the Reader's Digest version of its benefits, but for you, my loyal subscribers, I'm going to give you a whole lot more. After a lot of research, I'm convinced that just about everyone should try this powerful piece of equipment.

The Power Plate is a pretty new technology that's used by professional athletes, astronauts and even everyday people like you and me. There are more than 180 studies out there that show it provides a safe and easy way for just about anyone to become stronger, leaner and more flexible. I love that it pretty much eliminates all barriers to exercising on a regular basis because it's so simple to use. The best part is that you really only need to use it for about 15 minutes at a time and only about 3 times per week. Sounds great right? So what's the catch?

The good news is there is no catch. Unlike an elliptical, stair machine or treadmill, which requires you to do all the work, the Power Plate does most of the work for you. You simply stand on it or sit next to it and perform simple and easy movements. My favorite exercise on it is the squat. But you can even just stand

on it and do nothing. The machine vibrates you and every muscle and fiber in your body. If you watch someone who's on it, you can't even tell it's vibrating. In fact, you can't tell unless you touch it. Now don't get me wrong, when I'm on it, I feel like everyone can tell how much I'm vibrating and wonder how strange I look. But to my surprise and relief, I was the only one who could tell I was vibrating.

Here's how it works: the vibration causes the postural muscles in your body to contract anywhere from 25-50 times PER SECOND! Because your muscles are contracting so fast, your muscle strength and flexibility increase. With each vibration, the Power Plate forces your body to perform reflexive actions with your muscles, multiple times per second. This causes about 96% of your body's muscle fibers to be engaged all at once. When you lift weights or do other forms of exercise, you're typically only engaging about 20% of your muscles fibers. So the Power Plate engages almost 5 times MORE muscle fibers than the typical exercise. Even better, these same muscle fibers work in multiple directions in all three planes:

**Frontal plane** - divides your body into front and back

**Sagittal plane** - divides your body into right and left

**Transverse plane** - divides your body into top and bottom

Using all three planes is exactly how your body was designed to move. Incorporating all three planes of movement into your workouts will help prevent injuries, increase your range of motion and provide your body with more stability.

The vibrations from the Power Plate gently torque your bones, which stimulates your body's bone-building cells. This helps improve bone density. In fact, I found one study that showed women who used the Power Plate increased their hip-bone density by 1.5%. They also improved their posture and balance. This technology also helps improve circulation, which is good for the heart and range of motion, in addition to helping reduce cellulite, pain and muscle soreness. It can also help your body recover faster from exercise. As if that weren't enough, the vibrations also cause the body to increase its production of anti-aging hormones such as testosterone and the human growth hormone ("HGH"). It also reduces levels of cortisol in the body, which is the stress hormone that causes all types of illness. The vibrations also increase brain hormones and the production of neurotransmitters, which can lead to a more positive attitude. Most people can definitely benefit from that.

As people get older, many complain that their bodies change and they don't look nearly as good as they did when they were younger. Both men and women may notice they're getting a little "thicker" around their middle. Some may call this a "beer belly" or "pot belly." But it doesn't matter what you call it, it can actually be dangerous. This type of fat that develops in your middle as you age is called visceral fat and it's the worst type of fat to have in your body, and the hardest to eliminate. It can make you more likely to have high blood pressure and cholesterol. Here's where the Power Plate comes in. One study found that users lost twice as much belly fat in 6 months as people who did cardio and weight training. Even more, the Power Plate users kept their belly fat off for the next YEAR. Those doing just cardio and weights weren't so fortunate. Using it for as little as 8-13 minutes per session increased lean muscle tissue, helped reduce fat, enhanced collagen production and improved circulation. Research also shows that the Power Plate can improve muscle strength and balance. This may make you less likely to fall as you get older. Another problem with getting older is that you lose your flexibility. The Power Plate can make you more flexible in as little as a minute! Here's a test to prove it: Bend forward at the waist and see if you can touch your toes or even the floor. Then put your right foot on the Power Plate, lunge forward and hold for 30 seconds while it vibrates. Then repeat with the other leg. Put both feet back on the floor and bend at the waist again and see how far you can reach now. I think you'll be amazed.

I truly believe that as we age and we find it harder and harder to do the exercises we once did, the Power Plate will be our saving grace to helping us stay fit and healthy. It's not a cheap machine. The ones you can find in a gym run about \$15,000 or more. It is possible to get a smaller version for your home for closer to \$3,000 including delivery. If you're interested, I have a source that will deliver right to your door. But whether you find one at the gym or you buy one for your home, the bottom line is this: in only about 45 minutes per week, you can start to build stronger muscles, improve your balance, reduce fat and

increase your flexibility with this amazing machine that has quickly become my favorite. Try it out and let me know what you think.

Have a wonderful month!