Vibrate Fitness Solves Time Vs Exercise Dilemma With Vibration Exercise Machine

July 06, 2017

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Vibrate Fitness, based in South Pasadena, CA, has announced that its vibration exercise machine can help solve the time versus exercise dilemma. What is unique about this exercise machine is that the user simply stands on the platform and it is the effect of low impact vibration that strengthens the muscles. It just requires 10 minutes per session and it comes in four different platforms so that it can be used in home gyms, as well as in the office. Full details about the machine are accessible on their website at http://www.vibratefitness.com.

Nils Vidstrand from Vibrate Fitness says: "We offer one of the most efficient forms of exercise on the market today: vibration machines with a selection of platforms to suit different needs. In the comfort and privacy of your own home or office, you can discreetly take care of your own health and fitness using 10-minute sessions. You can achieve amazing results in a fraction of the time and with less effort compared to conventional exercise."

Vidstrand had been a commercial photographer for more than 32 years and at the same time, he had focused on health and fitness. While participating in various expos and conferences, and through personal

experiences, he noticed first-hand how so many people continue to be unfit and overweight. He observed that so many people wanted to be fit and healthy but they had no time for going to the gym and spending long hours exercising. When he saw what vibration machines can do, he knew immediately that he had found the solution to many people's problems.

He explains: "While photographing vibration platforms on a commercial product shoot, I discovered vibration fitness. I was impressed by the remarkable benefits from simply standing on a platform. Let alone, you could do simple postures, easy exercises, and aerobic workouts. For me, this solution was a 'no brainer.' I immediately began to share what I learned."

Today, Vibrate Fitness provides vibration machines to individuals, celebrities, and athletes. These include physicians and acupuncturists' offices, beauty spas, and massage therapists. All of these professionals agree that vibration fitness is highly beneficial for weight loss and fitness efforts.

Vibrate Fitness has a lineup of upcoming events, including rallies, health fairs, and conferences. Details will be provided on their website and their Facebook page at www.facebook.com/VibrateFitness. People are also encouraged to like the Facebook page so as to remain up to date on their expo schedule.

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For more information about Vibrate Fitness, contact the company here:Vibrate FitnessNils Vidstrand323-222-1787info@vibratefitness.com1107 Fair Oaks Avenue #324South Pasadena, CA 91030

Vibrate Fitness

VibrateFitness offers one of the most efficient forms of exercise today: whole body vibration machines for the home and office.

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