Vibration Platforms Exercise Showcased At The Best You Expo USA

March 28, 2018

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From South Pasadena, California, Vibrate Fitness is proud to announce that they have showcased their vibration platforms for better health and well-being at The Best You Expo USA. The event took place March 24th and 25th, 2018 in Long Beach, California and was a great success. For full details of the Expo and Vibrate Fitness' participation, please visit https://www.vibratefitness.com/the-best-you-expo-usa-2/.

"This was an exciting event for Vibrate Fitness," said Nils Vidstrand. "Everyone wants to make the world a better place and the first step starts with us as individuals. We need to be healthy, strong and full of stamina to go out and contribute to others. We need to be efficient with time. At the Expo, we showed that 10 minutes on a vibration platform equals 40-60 minutes on traditional elliptical, treadmill, and bike exercise equipment. There is also a therapeutic and stress relieving component when using the machine. Our vibration platforms save time and relieve stress in our busy modern world."

During the event, people were able to experience the benefits of the vibration platform. Many in attendance were business owners, offering their staff a new convenient opportunity for workouts by installing this equipment in their office. At the same time, many folks were looking to enhance their lifestyle. They are

thrilled to bring this effective workout routine to their home and family.

As shown on the website, the vibration platform machines are suitable for both home and office. The Best You Expo USA is very much about bringing the global personal development community together, and this community is also made up of professionals and everyday individuals alike. Nils Vidstrand says: "The Best You Expo believes that education and personal development leads to empowerment. It supports individuals and organizations who strive to make the world a better place. With that foundation, our next focus will be to help dedicated individuals and organizations become the social energizers who make that vital difference."

People are encouraged to visit the Vibrate Fitness website at https://www.vibratefitness.com for further information on future expos that they will be attending and on the various vibration platforms and what they offer.

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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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