Vibrate Fitness Vibration Platform Machine To Be Featured At New Living Expo 2018

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Vibrate Fitness, in South Pasadena, CA, is proud to announce that they will be attending the New Living Expo 2018, https://www.vibratefitness.com/new-living-expo-2018/. This expo continues to offer 'a new era of wellness' for all ages. The New Living Expo takes place from April 27-29 at the San Mateo Event Center and Vibrate Fitness will be in their same location booth 411, where they will be demonstrating their vibration platform machines for the fifth year.

"People are curious about vibration plate machines," says Nils Vidstrand from Vibrate Fitness. "It could be their first time experiencing whole body vibration, and they are thrilled with how good it feels. At the Expo, folks get a chance to stand on a vibration platform and ask me questions. They are usually surprised when I tell them 10 minutes on a vibration plate equals 40-60 minutes on an elliptical or a stationary bike. It is only logical that people would want such an efficient way to exercise that feels good and could be set up in their home or office."

Vibrate Fitness, as shown on their website at https://www.vibratefitness.com/, has a variety of vibration plate machines available to suit virtually any need and budget. The platforms were invented some four decades

ago to help maintain fitness levels of cosmonauts, which led to the development of resistance training. Over the past 40 years, the machines have changed and improved, so that they are now smaller and more affordable. Nils Vidstrand continues: "The machines address some of the most vital aspects of modern life. These include how to be fit and strong and how to exercise in the comfort of their own home and at their convenience. At the same time, it addresses the complaints of modern life, such as lack of space and sedentary lifestyles."

Vibrate Fitness has a Facebook page at https://www.facebook.com/VibrateFitness with information about their vibration machines, testimonials, and upcoming events. "Like" them on Facebook. Tickets for the New Living Expo 2018 are now available.

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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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