



Vibration Platform Machines To Be Featured At Contact In The Desert 2018 Conference

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Vibrate Fitness, headquartered in South Pasadena, CA, is proud to announce that they will be attending the Contact in the Desert 2018 conference. The company is particularly excited about this modern UFO/outer space convention because of the link between their product and space technology, having been initially developed for cosmonauts some four decades ago. Many scientists and researchers will also be in attendance. More details about the event and the company's participation are available at <https://www.vibratefitness.com/citd/>.

"We are incredibly excited about attending the Contact in the Desert 2018 conference," says Nils Vidstrand from Vibrate Fitness. "It is the most famous UFO conference in the world, and interest is surging due to a recent story in the New York Times detailing some of the findings of a mysterious UFO program. The event is set to be incredibly exciting with lots of workshops and lectures. We will be focusing particularly on how scientists were able to find a way to prevent cosmonauts from losing muscle mass and bone density while in zero gravity. The beginning of resistance and low impact training started with space travel."

The event will be held on June 1-4, 2018 at the Renaissance Resort and Hotel in Indian Wells, California. It

will bring together experts from a variety of different fields and sciences. Attendants will be able to take part in 46 lectures, 34 workshops, 8 panels, and 14 intensives. Nils Vidstrand explains: "Our vibration exercise machines were invented for the cosmonauts almost 40 years ago so that they wouldn't lose muscle mass and bone density while in outer space. The scientists were able to find a way for the muscle fibers to contract efficiently. They found that just 10 minutes on a whole body vibration machine is equivalent to 40 to 60 minutes on a stationary bike in traditional exercise."

The history and scientific origin of the vibration fitness machines are discussed at <https://www.vibratefitness.com/scientific-origins-of-vibration-fitness/>. At the Contact in the Desert 2018, Nils and his team will share more details about where it came from and where it is going, and how everyday individuals can benefit from it as much as those engaged in space exploration. Nils Vidstrand says: "From neurology to space exploration to the Olympics, vibration plates have played a vital role in the health and well-being of people on this planet and beyond."

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For more information about Vibrate Fitness, contact the company here: Vibrate Fitness Nils Vidstrand 323-222-1787 info@vibratefitness.com 1107 Fair Oaks Avenue #324 South 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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