



Vibration Fitness Bouncing Attendees at Maricopa Home and Garden Show

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Vibrate Fitness from South Pasadena, California, announced that they would exhibit the latest breakthroughs in fitness equipment at the Maricopa Home and Garden Show October 19-21, 2018 in Scottsdale, Arizona at WestWorld.

This event is Phoenix's premier home show featuring everything for home improvement: windows, flooring, hot tubs, plumbing, cabinets, appliances, and remodeling supplies. Experts in landscaping design, home decor artisans, DIY demos and seminars, will address the challenges of making a beautiful modern home. The energetic host of ABC's Extreme Home Makeover, Ty Pennington, will be the special guest speaker at 1:00 pm Saturday and Sunday.

"Last year we had an enthusiastic crowd of professional contractors, homeowners, newlyweds, and college students, all curious about why we brought vibration machines to a home and garden show," said Nils Vidstrand of Vibrate Fitness. "We could offer a super-active contractor and a new mother a way to ease the pain of a backache. They could strengthen their back muscles at the same time and prevent more inflammation. I could refer them to the research on the website with clinical studies that demonstrate the

benefits of standing or sitting on a vibration plate.? (www.vibratefitness.com/research)

?We usually bring four types of vibration machines to the conference, so folks can find what fits. An RV owner and a college student are both short on space, so the portable model works for them. The modern platinum machines look good for an office in a professional setting. However, the universal issue I noticed, was that everyone was short on time in their daily schedule and exercise was at the bottom of the list of things to do,? Nils Vidstrand continued.

?I tell them that 10-minutes equals 40 to 60-minutes on a stationary bike or treadmill because of the efficiency of firing the muscle fibers. Almost everyone could manage 10-30 minutes a day to strengthen their heart and get their circulation going. The trick is to put their machine by their television, and they won?t notice that they worked out for 30-minutes. We?re all trying to get the most out of our days.? (www.vibratefitness.com)

The Maricopa Home and Garden Show promises another event of new products and solutions for modern living. Wear comfortable shoes and be prepared to learn and experience the latest in ?home and life? improvement.

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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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