

Vibration Platforms Rocking at Maricopa Home Garden Expo

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Vibrate Fitness from South Pasadena, California, announced that they would exhibit the latest in fitness equipment with vibration machines at the Maricopa Home and Garden Show January 11-13, 2019 at the Arizona State Fairgrounds.

Maricopa County sponsors the premier home shows in the Phoenix area featuring everything for home and garden improvement. Company owners and experts present solutions for windows, cabinets, flooring, hot tubs and spas, bathroom upgrades, appliances, and remodeling supplies. Landscaping designers, garden accessories, DIY demos, and seminars will guide attendees to a more beautiful modern home, inside and out.

"This is our seventh year coming out to the Arizona expos. We've surprised folks with our exercise machines; they weren't expecting us at a home show," said Nils Vidstrand of Vibrate Fitness. "We met busy contractors, retired professionals remodeling their homes, new parents with kids in tow, and students. Two complaints we heard consistently: "we don't have enough time to exercise" and "I have aches and pains." I could show them

a simple 10-minute routine standing or sitting on the machine that didn't impact their joints. The vibration builds muscle strength, and if they step onto the plate daily, they'll see results. For the folks that need scientific evidence, I usually direct them to our research page with a list of studies from universities and medical schools." (www.vibratefitness.com/research)

"However, what usually impresses them the most is that this invention by scientists debuted over forty years ago," continued Nils Vidstrand. "Astronauts were losing muscle mass in zero gravity and scientists discovered "resistance exercise." This method of contracting muscle fibers is so efficient nowadays that 10 minutes on a vibration plate equals 40 to 60 minutes on a conventional treadmill or stationary bike. So I encourage folks to put their machines by their television to get 10 to 30 minutes of exercise daily, without realizing they're working out." (www.vibratefitness.com)

January is the time of new year's resolutions. This home show promises to help repair, upgrade, and take care of the house, garden, and even the exercise regime. Vidstrand says to put on the best walking shoes to explore "home and life" improvement at the Maricopa Home and Garden Show.

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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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