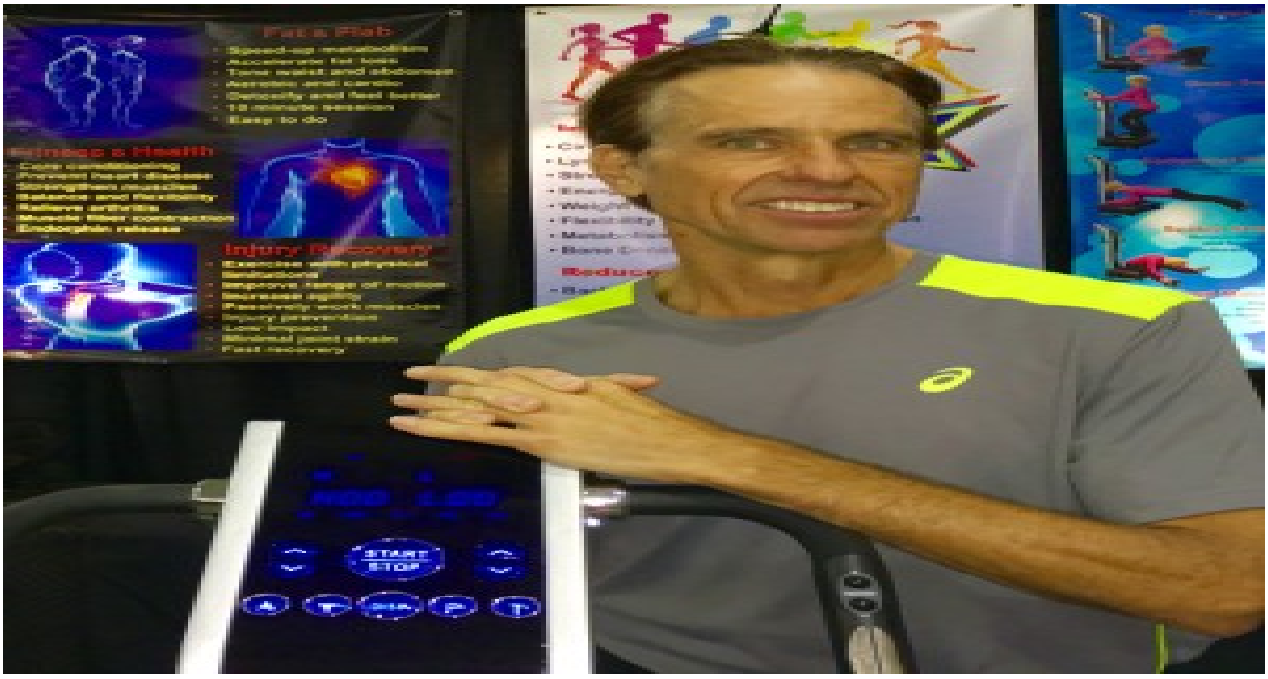


Vibrate Fitness Brings Good Vibes at Conscious Life Expo

February 19, 2019

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Vibrate Fitness from South Pasadena, will again exhibit their vibration exercise equipment at the 17th annual Conscious Life Expo at the LAX Hilton in Los Angeles, California on February 22-24, 2019. This Expo brings together "new age" products and experts drawing attendees from all over the world to get their crystals, far infrared devices, sound healings, and the latest insights from the cosmic universe.

"At the Expo, we gather people, ideas, exhibits, and products for four days to feast the mind and body and deepen our connection to spirit. Come to the celebration of life!" said Robert Quicksilver, executive producer since 2002. "The lineup of speakers is a who's who of the alternative healing, spirituality, and cutting edge thought: David Wilcock, Meg Benedicte, John Desouza, Dannion Brinkley, just to name a few luminaries." The extensive program guide features 200 exhibitors, 150 speakers, 20 post conferences, an organic food court, a Hispanic program, and several musical performances.

The Expo is known for presenting the most up to date technology and exhibits including Vibrate Fitness in booth 107. "We found this audience to be super receptive to new ideas and new ways of doing things," said Nils Vidstrand of Vibrate Fitness. "So we show them how to get their daily exercise in a 10-minute session,

increasing circulation without hurting their joints. This technology was developed over forty years ago for the space program, so it's not "new." It's just finding new audiences who want an easy way to make fitness part of their busy lives."

Vidstrand will be demonstrating four different styles of vibration plates, matching lifestyle and needs to each visitor. "First, people need to experience the rocking action to see if they like it. This exercise is not for everybody, and there are a few medical restrictions to be explained. Then secondly, I show them a few routines and ask if they can see themselves using this for 10-30 minutes a day." To preview the machines, go to www.vibratefitness.com.

The producer encourages people to be prepared to have their "minds blown" by new experiences and ideas. He says attendees should be prepared with a pair of comfortable shoes and a notebook to capture inspirations and notes.

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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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