Go Easy on the Knees with Vibrations at SAHBA Expo

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Vibrate Fitness from South Pasadena, California announced their exhibit at the SAHBA Home and Patio Spring Expo April 12-14, 2019 at the Tucson Convention Center in Arizona. They will be showing the latest in fitness equipment with several styles of vibration machines for home and office. SAHBA (Southern Arizona Home Builders Association) sponsors the premier home shows in Tucson with over 300 exhibits to inspire home improvement and make lifestyle upgrades.

The Expo also features two stages for home improvement seminars, demonstrating painting techniques, home security, solar energy systems, and many "do-it-yourself" projects. A special presentation with guest speaker, Jennifer Phelps, who specializes in creating organized and beautiful spaces, will be the highlight of the lectures. There is something for everybody: animal adoption and face painting for the kids, win a landscaping tree from TEP Tucson Electric Power, see spa displays, waterfalls for the adults. Take a break with the rolling food trucks outside.

"This is our eighth year at the Spring Expo," said Nils Vidstrand of Vibrate Fitness. "Our vibration machines are well received here. We've met many snow-birds who live in Tucson during the mild winter. They fly home for the summer going up north, like to Minnesota or even Canada. Many of these people are retired and want a gentle way to get their circulation going and build bone density." Vidstrand will be showing four different

types of vibration plates. "In complete contrast to the retired folks, I've had professional ball players try the routines and get quite challenged by a vigorous workout."

"At the Expo, folks get a chance to see if they like the way this vibration plate feels; it's not for everyone," Nils Vidstrand continued. "However, my oldest client is in his 90's, and he got a machine because his stationary bike was too stressful for his knees. After a few weeks of standing on his vibration plate daily, he strengthened his knees so well that he could go back to his bike."

The SAHBA Spring Expo promises another impressive exhibition of companies bringing cutting edge products to improve homes, patios, gardens, and lives. The company says to be sure to wear comfortable shoes to explore the Convention Center, meet new people and products.

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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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