

ONE STEP CLOSER TO ‘GAIN WITHOUT PAIN’

Everyone wants to be fit....most, lack the time or the will-power.

Everyone knows.....exercise improves the body and mind. We'd ALL love to be fit - but many of us just don't have the time and in truth, a large number of us just don't have the motivation to put the effort in.

Wouldn't it be lovely to get all the benefits of 'fitness' by just 'taking a pill' or by exerting the minimum amount of effort while watching TV.

Well, here in Basingstoke, we are one step closer to Gain with No Pain.

With the revolutionary **Power-Plate** at the **Beechdown Club** you can at last enjoy all the benefits of regular exercise – a toned body, better flexibility, increased blood circulation, improved stamina and of course greater resistance to heart disease, with little effort AND in just a few minutes.

The Power-Plate is a solid, stylish, machine that vibrates. Very, very quickly. Stand on it and the body's muscles automatically compensate for the vibrations and, in effect, give themselves a workout.

Beechdown's Gym Instructors are trained to include **Power-Plate** routines in their members' programmes. These result in different parts of the body being put in contact with the platform in various exercise positions ranging from squats, lunges and push-ups to abdominal crunches, tricep dips or bicep curls. A pose is held for up to 60 seconds at a time activating multiple muscle groups simultaneously to stretch, tone or strengthen.

Vibration training is low impact and gentle enabling anyone, regardless of their age or fitness levels, to benefit without putting strain on joints or any other parts of the body. Training stimulates the mind, improves concentration and contributes to an overall feeling of well being; helping to eliminate the effects of stress.

So whether you want to lose that excess weight, tone up, fight cellulite or just improve your fitness levels and overall health, the **Power-Plate at Beechdown** will help you to reach your goal without compromising your lifestyle.