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Get in Shape and Improve Your Health in Less Than 10 Minutes a Day with Whole Body Vibration!

How would you like to build muscle, burn fat, improve hormonal balance, increase bone density as well as improve circulation—and do it in 10 minutes per day? With Whole Body Vibration, this is now a reality. Whole Body Vibration (WBV) is a revolutionary breakthrough in exercise technology which enables you to achieve 60 minutes of exercise benefit in less than 10 minutes a day. This is achieved by standing on an oscillating platform that vibrates at a certain frequency. While standing on the platform, you hold various exercise positions to work various parts of the body. The vibrating platform signals your muscles to reflexively contract and do it at a greater efficiency than they would normally. This leads to faster and better muscular strength and development in a shorter period of time than conventional exercise. These same vibratory signals are capable of increasing bone density and circulation, also while improving other aspects of health.

Origin of the Technology

The development of Whole Body Vibration came from a desire to improve bone density and muscle integrity in cosmonauts. The technology was developed originally in the Soviet Union to counteract the lack of gravity in space. After decades of research, this innovative machine has been proven to achieve superior exercise results and has received the endorsement by many professional athletes as well as university athletic programs. In addition, WBV is now being used extensively by physical therapists to improve the efficiency and effectiveness of their programs. It is also a favorite fitness tool for ultra-fit celebrities.

The applications of this technology are as follows:

- Increases muscle strength, flexibility and range of motion
- Enhances balance and coordination
- Strengthens and enhances posture
- Improves circulation and increases blood oxygenation
- Boosts levels of Testosterone and HGH (human growth hormone) naturally
- Decreases levels of Cortisol (hormone released when we're under stress)
- Improves muscle strength and tone, enhancing athletic performance
- Increases bone strength and density combating osteopenia and osteoporosis
- Reduces back pain and stiffness
- Produces the effects of 80 different exercises by minor adjustments in posture and body positioning.
- Can be used in many different rehabilitative capacities
- Works out all the important muscle groups of the body quickly and efficiently
- Enables you to stand, sit, lie or position a part of your body on the platform to achieve a different effect

WBV is specifically designed to provide all of the benefits of exercise without any of the constraints. Conventional exercise can cause stress to joints, ligaments, and tendons, and risk of injury and often requires us to go to the gym to get an effective work out. With WBV, there are measurable results achieved from just a few minutes per session, with little or no exertion required. Many groups of muscles can be addressed with just minimal adjustment in posture and body positioning.

What Makes Our Whole Body Vibration Equipment Better?

There are two types of total body vibration technologies available: the “piston” vibration equipment and the Triangle Oscillation System (T.O.S.). We have found that there are questions raised about the advisability of using equipment based on “piston” style technology. Vibration and “G” force may have an undesirable long term impact. Anyone who has used a jack hammer, truck or other device with the “up and down” piston movement and vibration knows the problems that can develop from backs (truck drivers and others) and various physical areas (known to cause carpal tunnel).

The Triangle Oscillation System (T.O.S.) vibrates at the correct megahertz(s) from a medical and body toning standpoint, using a lift mechanism along with vibration. The T.O.S. system used by our Whole Body Vibration machine generates systematic involuntary muscle contractions with less G force than the “piston” systems. This stimulates receptors in the Achilles tendon called golgi bodies that stimulate nerve receptors which track up to the cerebellum (the part of the brain that is responsible for balance). This pleasant rocking and rolling action causes the brain to tell the muscles of your body to actively contract to maintain its equilibrium, thus creating a therapeutic and muscle toning workout.

What We Offer To Our Clients

Dr. Harper uses WBV in conjunction with the Laser Fat Reduction Treatments to increase effectiveness of this body contouring technology. WBV enhances circulation, which increases the reabsorption of fat following Laser Fat Reduction. The technology is also used in Dr. Harper's Weight Loss Resistance and Health Mastery Program to build muscle and improve metabolism to aid in weight loss. We also offer WBV to people with osteopenia or osteoporosis to increase bone density.

When used in conjunction with Lipodissolve, WBV increases circulation, thereby improving the ability of the body to metabolize the fat broken down by Lipodissolve injections. We utilize and recommend WBV in conjunction with Lipodissolve for this reason and believe that continued use of this technology provides continued support for optimizing your weight and your health.

WBV Memberships

To enable you to experience this new technology, we are offering a Whole Body Vibration membership. For a monthly fee, you gain access to the machine in our office for your daily 10-minute workouts. (Please call ahead to make sure the machine is available.) And, if you find that you love the results you achieve with the machine and want to take one home – Dr. Harper can special order you one. Please call our office for details and pricing.

Come join the host of professional athletes and celebrities who have found the benefits of Whole Body Vibration. Our WBV machine is a great and easy way to stay in shape and do it safely and efficiently while improving your overall health. Come try the machine and start on the path to optimal health today!