

## The Whole-body Vibration Exercise Program Review & Update

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**Feb. 2, 2007 - [PRLog](#)** -- Two weeks ago the Federal Trade Commission fined the marketers of four weight-loss pills \$25 million for making false advertising claims including rapid weight loss and cancer prevention. The companies included: Xenadrine EFX, One-A-Day WeightSmart, CortiSlim and TrimSpa. It is good to see the government stepping in and going after these fraudsters.

For the past few months I have been reporting my findings on vibration exercise and gathering more research. I have now talked to many people that use this program to get fit and to lose weight. At first I was skeptical of this theory but after doing this research I was impressed enough that I ordered a machine for myself. I looked at many machines ranging in price from \$1700 to \$13,000, including: Power Plate, VibraSlim, K2, M-power and the Pila-vibe. Some of these machines are geared more for professional use and are too big and heavy for home use and some are just out of my price range.

After comparing features, quality and price I decided on the VibraSlim. It seems to me that many of the machines out there, are over priced and I could not find any reason to pay more than \$1700. This machine is well built, quiet, has lots of settings, easy to use and has a two year warranty.

Now that I have the VibraSlim in my living room my wife and I have been on it for 10 minutes about 5 days a week. We both have become addicted to this machine. The funny thing is that our friends thought we were nuts until they got on it for the first time. It is funny the reaction people have with vibration exercise, at first they get on an laugh as they vibrate away, then they start to get into it as they feel their muscles working. Once you get on this machine, you are hooked! When the 10 minutes is done everyone gets off of it with a euphoric feeling. You really need to try it to understand.

The results so far are impressive. We have both lost weight and gotten stronger in just a few weeks. My wife has seen a reduction in cellulite also (she will kill me if she sees this!). I will continue to report back our results over the upcoming months to keep everyone informed. Our biggest problem now is that our friends keep dropping by to use our machine!

NBC News did a story on the Oakland Raider using whole body vibration as part of their regular training program which is worth watching.

watch it here - <http://www.myvibraslim.com/images/nbc11.wmv>

Until next time!

Kevin Rellis

Links to Vibration Machine Suppliers:

VibraSlim - <http://www.myvibraslim.com>

Power Plate - <http://www.powerplate.com>

Pila-vibe, M-power - <http://pila-vibeamerica.com>

K2 - <http://www.detailshere.com/wholebodyvibration.htm>

Research on Vibration Exercise:

[http://www.generationplate.com/research\\_on\\_wholebodyvibration.htm](http://www.generationplate.com/research_on_wholebodyvibration.htm)

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Source Kevin Rellis

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