



Style For Life Inc

FAQ

1. Is vibration training something new?

No, Whole Body Vibration has been used as an exercise and therapeutic tool since the late 1800s. The research of this technology really began in the late 70's with the development of a vibration system by one of Russia's key sports scientists, Dr. Vladimir Nazarov. He was an active sportsman, a member of the Soviet gymnastics team and occupied a chair for sports biomechanics at the State College in Minsk. He first introduced this technology to competitive sports, ballet, and medicine in the former USSR. The Russian Space Program uses the technology with their astronauts suffering from considerable bone loss and poor muscle tone due to weightlessness.

Once communism fell in Russia, the secrets of Whole Body Vibration made its way to Europe in the early 1990's. Just like in Russia, other European athletes began using this form of effective exercise. In addition, the European Space Agency and NASA are actively using vibration in ongoing studies for the maintenance of muscle strength, mass, and bone density.

Now, Whole Body Vibration is being used in hospitals, physical therapy clinics, and rehabilitation facilities. Everyone from the elderly, the person with physical disabilities, to the general person looking to get toned is using this form of exercise. Due to its many benefits, the technology is quickly gaining acceptance by universities, professional sports teams, and health professionals in the rehabilitation and medical fields.

Vibration training has 40 years of research behind its science. With any technology, the individual needs to take a critical look at the research and validity behind it. Whole Body Vibration has been featured in such prestigious and influential peer reviewed journals as *Spine*, *Journal of Bone and Mineral Density*, and *Medicine & Science in Sports & Exercise*.

With it's wide potential application, new research is constantly being initiated across numerous North American and European Universities. Since most Whole Body Vibration systems were developed in Europe, most of the peer-reviewed publications have come from there. At present there are nearly 100 articles dealing with the effects of and related benefits of Whole Body Vibration (WBV).

2. Is vibration training safe?

Yes. Whole Body Vibration utilizes a very specific frequency range that is both proven in research and safe and effective. Every object has a resonance frequency. For example, internal organs and the spine have a resonance frequency between 5 and 10 Hz. Extended vibration at frequencies lower than 5 HZ is not recommended. Whole Body Vibration stays within the safe range. This is why countless hours of exercise has been performed using Whole Body Vibration and there has been no detrimental value.

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4. What makes whole body vibration exercise different from conventional training?

Whole Body Vibration has the competitive advantage over conventional training due to its ability to provide a more effective and efficient exercise without the constraints associated with regular training, such as joint stress, lengthy repetitions and time commitments. Research has shown similar strength gains to conventional resistance training at a fraction of the time. Fifteen minutes of Vibration exercise produces similar results to 1 hour in conventional training. In addition, there is less stress on the joints, ligaments and tendons with Vibration training when compared to regular resistance training. Therefore, Whole Body Vibration provides an effective solution to those that may benefit from weight training, but are unable to engage in

5. What is the science behind this type of exercise?

The science behind Vibration exercise follows several different principles:

The Stretch Reflex: The movement of the vibration plate with an amplitude of 4 mm simulates the body's natural 'stretch reflex' (Tonic Vibration Reflex). This is similar to the knee jerk reaction that occurs when the knee is tapped by a reflex hammer in a doctor's office. Without thinking about it, your body responds with a strong involuntary muscle contraction, leading to your leg 'kicking out'. With Whole Body Vibration technology, these strong muscle contractions can be repeated at a rapid rate. At a frequency of 6 to 30 times a second, Whole Body Vibration can produce up to 1800 muscle contractions in 1 minute.

Nearly 100% Muscle Recruitment: Due to its involuntary effect on muscle contraction, nearly 100% of the muscle fibers are recruited. Compare this to conventional training where there is only on average 40% muscle recruitment. This benefits the rehabilitation patient looking to add stability and strength to all muscles around their joints, to the athlete looking to maximize strength gains.

Increased Blood Circulation: The gentle rapid contractions of up to 3000 times per minute allow the muscle to work as a pump in introducing blood to even the smallest blood vessels. This leads to the ability of the body to carry off waste products much faster, leading to increased peripheral circulation.

6. What is the age limit to Whole Body Vibration training?

There is no upper age limit to this type of exercise. By itself, it is not indicate a contraindication. Whole Body Vibration has many benefits for the elderly population, including positive effects on bone density, improvements in blood circulation, and increase in strength, balance and flexibility. All this is accomplished with less stress on the joints, tendons and ligaments than conventional exercise.

7. What is the youngest age for vibration training?

We recommend following general guidelines on resistance training for adolescents. Taking this into consideration, we recommend an age limit of 12. However, there should always be supervision by a qualified individual. Any age less than 12 requires approval from a physician prior to any exercise

8. You state that using Whole Body Vibration is like weight training. Being a woman, I want to get more toned, but will I get bigger?

No. Getting bigger is mostly due to testosterone, which women do not have enough. Whole Body Vibration is designed to get you toned. You will begin replacing fat with muscle. This wont make you look bigger, but make you look slimmer.

9. What exactly is cellulite and how does Whole Body Vibration help with this?

Cellulite is sometimes termed 'cottage cheese'. This is not a problem for a certain group of people. This can happen to anyone at any age, regardless of whether you are skinny or overweight! Basically, cellulite is fat accumulation under the skin. This is usually in a honeycombed shaped pattern. In some people, this fat tends to bulge out like stuffing in a mattress. This is the 'cellulite' that you see.

In order to fight cellulite, an exercise program has to be specific. Basically, you must increase muscle tone, and replace fat stores with lean muscle. Most women know that doing high repetitions of exercise at all the possible angles is the best way to fight off cellulite. Whole Body Vibration is able to provide a very high rate of muscle contraction repetitions (3000 per minute). In addition, all muscle fibers are being worked.

10. I've heard people say that vibration exercise helps with anti aging. How is this possible?

There are many factors that go with aging. Inactivity and stress are two. This exercise practically takes 10-20 minutes a day, at least three times per week. Vibration exercise has been shown to decrease the stress hormone cortisol and increase serotonin.

11. How many calories does using Whole Body Vibration burn?

Lets look at it another way. Our metabolism is unique to us. Metabolism is our body's ability to burn a certain number of calories a day. The higher our metabolism, the more calories a day we can burn every day. Whole Body Vibration exercise has been shown to increase our resting metabolism. To answer the question, vibration exercise will allow you, over time, to burn more calories per day than you did before starting vibration training. This will help in preventing a drop in metabolism if you wanted to lose weight, or allow you to be able to eat healthy and maintain your weight over time.

12. I have osteoporosis. How can Whole Body Vibration help?

Vibration training helps by increasing the strength of your muscles. It's well known that the strength of the bones is influenced by the strength of your muscles. Vibration training is a safe and gentle way to achieve these strength gains. For further information, please go to the research section of this site for more information.

13. I have fibromyalgia and was told not to weight train. How does Whole Body Vibration help me?

An effective program for those with fibromyalgia will involve exercises that promote strength, flexibility and endurance. Vibration exercise has been shown to produce greater increases in flexibility over conventional training, with less stress on the joints. In addition, strength gains with vibration training are comparable to regular exercise, except the time to complete exercises is shorter. More importantly, vibration exercise has been shown to be gentle and safe, without putting undue stress on your joints. Consult your physician prior to starting any exercise program.

14. I have arthritis. Will Whole Body Vibration be helpful?

Exercise has shown to be beneficial for those with arthritis, with the goal of strengthening the muscles around the joints in keeping the area stabilized and to prevent further injury. Vibration exercise minimizes stress on the joints, making it an ideal exercise solution. Various health professionals have incorporated vibration training into their treatment plans. Once you are screened by your health professional, they will be able to recommend the appropriate vibration treatment regimen for your particular condition.

15. How often should I use it to see results?

Use of Whole Body Vibration is similar to regular training in some aspects. How often you use it will depend on what you are hoping to accomplish. For those looking for strength gains, we recommend approximately 5 times per week. Others may use it every day for recovery and warming up and cooling down. Due to its ability to increase circulation, lactic acid is quickly cleared, leading to faster recovery and ability to use it again.

In many aspects, whole body vibration exercise is more efficient than conventional training. With regular weight training, muscles undergo some micro tears through the stresses placed on it. This leads to a recovery time of 48 hours before engaging in that activity again. Vibration training minimizes these micro tears. Combine this with the increased circulation; there is only a 24-hour recovery period before using it again for the same body part.

16. What is your warranty?

Our warranty covers all defective parts for a period of one year. Details of the warranty will be included in your welcome package.

17. I have heard about other forms of WBV equipment on the market, how does your compare?

	Vertical Equipment	Our Pivotal Equipment
Date of Inception:	1999	1995

Frequency:	30 Hz - 60 Hz	5 Hz - 30 Hz
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Note: Although sales reps for vertical equipment are stating it is dangerous to go below 30 Hz, 16 of their 24 research listings showed improved performance while training below 30 Hz. In fact there is support for not training above 50 Hz as it will impede performance.

Vibration Pattern:	3 Planes (unproven)	1 Plane-proven/functional
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Note: Vertical manufacturers have yet to demonstrate that the additional 2 planes of motion they offer produce any significant training value. As an end load to the limb is required for activation of the stretch reflex, side-to-side and forward-backward vibration would seem to provide the user with no additional value. The teeter-totter motion of our equipment is truly a functional and proven

way to stimulate muscle activity as the research has shown.

Crossover Pattern: NO YES- simulates walking

Note: It is the unique teeter-totter motion that contributes to its effectiveness. The teeter-totter motion forces the pelvis into the same motion which functionally simulates the natural walking and running pattern.

Head/Eyes Affected: YES (forces knee flexion) NO

The teeter-totter motion forces the pelvis into the same motion allowing for the spine to stabilize the head and eyes. Since the vertical equipment does not provide for this functional motion, it is their vertical motion that affects the strong vibration in the head and eyes. This requires the user into a forced flexed posture at the hips and knees in order to dampen the vertical vibration.

18. Please explain in more detail the different vibration types and frequencies.

There are many conflicting claims on WBV vibration because this is a fairly new industry in terms of sports medicine. While the product has been around for 30 years, most of the intensive research has been done in the past 5 years. Here are the basic facts as we know them.

- 1) Medium to High frequency (32-38HZ) low amplitude (.5 mm) vertical only: This modality appears to most benefit osteoporosis and circulation in the extremities. The geriatric market appears to be most benefited with this product. The user is required to stand for 20-30 minutes.
- 2) High frequency (30-60Hz) medium amplitude Triplanar (3 directions): This is representative of the Power Plate and Fitvibe. This modality appears to benefit primarily the already fit or gym market. The user is required to hold a specific pose for 30 seconds to 1 minute, then rest for 30 seconds before the next pose. The poses need to be exact to prevent injury and need proper professional supervision.
- 3) Medium frequency (15-45 hz) medium amplitude (1-3 MM) vertical only. This modality appears to benefit most people in muscle and bone gain. However, there is some concern about long term exposure and spinal compaction.
- 4) Low to medium frequency (5-30hz) higher amplitude (5-15MM) side to side. This modality appears to also have a balanced benefit in muscle and bone gain. However, there appears to be less risk in injury to the spine as there is no simultaneous vertical movement. (Each leg is moved alternatively)

19. Who are ideal clients for this form or exercise?

This form of exercise is good for everyone even athletes due to the lymphatic stimulation and the fact that this exercise is easy on your joints. Additionally, our research has found the follow people best benefit from this exercise:

- o Geriatric/Aging Boomers: Balance, bone density, muscle stimulation, mood improvement through serotonin.
- o Busy Executives: The compressed time commitment is ideal for busy professionals who sit most of the day.
- o Overweight and embarrassed to go to the gym: Many people are self conscious about their weight and prefer to exercise in the home. However, when you are overweight, traditional exercise hurts.
- o Travelers: Sitting for long periods frequently can cause blood clots or other problems, which this can prevent.
- o New mothers: Certain postures will focus on strengthen and reducing around the hips, thighs and abdomen areas very quickly.
- o Back patients: The vibration is proven to actually help with many lower back issues.

20. Who are ideal outlets for this form or exercise?

- Home use
- Chiropractic offices
- Corporate break rooms
- Spas
- Health food stores
- Massage therapy offices
- Physical therapy offices
- Retreat centers/ Seminars

21. Please review the benefits of Whole Body Vibration

- 10-20 minute time commitment per session.
- Muscle toning in legs, arms and abdomen.
- Core muscle conditioning and strengthening.
- Muscle stretching. (Reduced injury if used as a warm up)
- Improved digestion.
- Lymphatic drainage and microcirculation, which detoxifies and reduces congestion in your fat and cellulite, resulting in inches lost!
- Increased serotonin production, which helps combat Seasonal Affective Disorders.
- Enhanced endorphin release generating that feel good sensation which follows a traditional work out. (runners high)
- Increased production of Growth Hormones and all of its anti-aging benefits. (361%)
- Decreased production of Serum Cortisol. (The body's stress hormone) (32%)
- Enhanced bone density and bone building as the exercise is weight bearing.
- Body reshaping.
- Reduces pain and disability associated with osteoarthritis.
- Improves balance and coordination.
- Eliminates stress on joints, ligaments and tendons as compared to traditional exercise.
- Reduces acute and chronic lower back pain due to muscle strain and core muscle strengthening.
- Improves mobility due to the natural locomotor crossover pattern of the vibration.