



MANAGING STRESS AND MOVING MORE WITH VIBRATION TRAINING & THERAPY TO BOOST THE IMMUNE SYSTEM



EXERCISE
IS
MEDICINE

Supporting A Healthy Immune System

Both whole body and targeted vibration offer easy to use and versatile MOVEMENT solutions that can be seamlessly integrated with effective nutrition, lifestyle and sleep habits to support a healthy immune system, reduce and manage stress, fatigue and chronic pain. While we have known both from extensive scientific research and years of practice based evidence the many benefits of whole body vibration, what is both exciting and thought provoking are findings from very recent research (Jawed et al 2020) relating to the potential for whole body vibration (WBV) to attenuate inflammation via positive vascular and anti-inflammatory effects, making it even more relevant, accessible and pertinent in the current climate.

Exercise is Medicine!

It is widely acknowledged that exercise is very important in maintaining both physical and mental health, and it is imperative we appreciate these are inextricably linked. However, it helps to go wider than just exercise and talk about 'movement'. As human beings our physiology is driven by movement, in all forms from the internal 'subconscious' rhythm of the heartbeat, to cleaning our teeth, walking up the stairs, making our morning coffee and of course more formal 'exercise' like running, going to the gym or playing sport. Exercise, and the thought of 'it', can mean different things to different people, so perhaps to preface the application of whole body vibration we should think more broadly about movement, in fact lets go as far as to describe a 'movement bubble', of which 'exercise' is only a part. Simply by moving more in our everyday life we can start to expand our own unique and individual movement bubble. Enjoying movement, and simply movement itself stimulates the brain, particularly where novelty, variability and cognitive challenge is included and thus has a wealth of both physical and mental benefits to our health. And this is where we like to position whole body vibration and power plate. Vibration, in its simplest form is movement, so when you add 'more' movement to the body, the body responds in a multitude of ways at both a physiological and psychological level. So whether it be a massage and quick stretch first thing in the morning for blood flow and pain reduction to start the day, a warm up before a morning jog to get more out of your workout and reduce injury risk, a quick lunch time movement session enhanced by greater muscle activation or a relaxing yoga flow at the end of a busy and stressful day at work, Power Plate always facilitates more movement, by stimulating more muscles, more often, increasing circulation, enhancing lymphatic flow as well as challenging the body's sensory system (proprioceptors) to wake up and join in.



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Movement & Stress

In the current climate of a global pandemic this 'new normal' not only brings fear, anxiety and ultimately stress relating directly to Covid-19 but the wider implications of jobs, schooling, vulnerable family members and the economic impact presents an abundance of additional stress to the lives of many of us. We have to therefore stop, breathe, and take the time to appreciate and understand a little about stress and the short- and long-term effects this may have on our body, mind and spirit and more importantly how movement can be one of our greatest allies. Hans Seyle defines stress as "the syndrome which consists of all changes within a biological system" and so stress can invariably be both positive and negative. 'Eustress' can be used to describe that which results in positive physical and or psychological changes, for example the physical challenge and emotional satisfaction of hitting a punch bag or enjoying the competition of your favourite sport. While 'Distress' as the word eludes to are stressors that result in negative physical and or psychological changes, like long days at work to meet a deadline with little or no sleep. Ultimately all stress 'shows up' in the tissues of our body, and so our battle plan must be the holistic integration of nutrition, movement, exercise, sleep, hydration and mindfulness to begin managing our own unique set of circumstances in order to not just survive but to thrive.

THE GOAL IS TO
NOT JUST
SURVIVE BUT
TO THRIVE



Movement & Stress, Continued

So, whole body and targeted vibration becomes the ultimate time efficient, evidence-based solution to maximise many of the physiological benefits required to combat stress, boost circulation, increase lymphatic flow, positively influence hormonal response while increasing metabolic demand as a result of greater body wide muscle activation. As little as 3-5 minutes of 'more movement' a day can bring significant benefits and begin to fight back some of the well documented negative implications of stress including cognitive decline, weight gain or loss, circulatory problems and musculoskeletal issues, all of which, that when managed effectively as described above can have a resoundingly positive effect on our overall health and that of our immune system. For further ideas, guidelines, programmes, education and top tips including our 21 Day Habit Guide to quickly making whole body and targeted vibration a part of your daily life download our app or get in touch via info@powerplate.com.

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Referenced Research

Regular Massage on a Power Plate Machine Can Help Improve Circulation

<https://powerplate.com/PowerPlate/media/powerplate/research/pdfs/regular-massage-on-a-power-plate-machine-can-help-improve-circulation-en-us.pdf>

Vibration therapy reduces plasma IL-6 and muscle soreness after downhill running

<https://bjsm.bmj.com/content/44/12/888.full>

Whole-Body Vibration Training Increases Stem/Progenitor Cell Circulation Levels and May Attenuate Inflammation

<https://pubmed.ncbi.nlm.nih.gov/32074302/>

Metabolic effect of bodyweight whole-body vibration in a 20-min exercise session: A crossover study using verified vibration stimulus

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5792008/>

Six weeks of whole-body vibration exercise improves pain and fatigue in women with fibromyalgia

<https://pubmed.ncbi.nlm.nih.gov/18990045/>