

A balanced diet and an active, healthy lifestyle can lead to a long and prosperous life...

But it may not protect you from osteoporosis.

*The Good Vibrations 4 Life™
GVM™*

Build and preserve bone strength and density... In just 10 minutes a day

"Osteoporosis, which literally means porous bone, is a disease in which the density and quality of bone are reduced. As bones become more porous and fragile, the risk of fracture is greatly increased. The loss of bone occurs silently and progressively. Often there are no symptoms until the first fracture occurs."

Source: International Osteoporosis Foundation

Don't let osteoporosis stop you!

In the USA: 54 million people have osteoporosis or low bone mass. One in two women or one in four men age 50 or older will break a bone due to osteoporosis. (Src. National Osteoporosis Foundation)

In Canada: 1.5 million people above age 40 have osteoporosis or low bone mass. Approximately 20% of the population above 40 years of age experienced a fracture due to osteoporosis. (Src. Public health agency of Canada)

Osteoporosis is treatable!

Your strategy for avoiding the damaging effects of osteoporosis should include calcium and vitamin D supplementation, as well as bone stimulating sources of weight-bearing exercise. Vibration therapy using the **GVM** is ideal for this purpose.

"utilizing oscillatory alternating vibrations (12.6 Hz, median 3.3 g [oscillatory alternating], and 0.7 g [vertical]), reported a 4.3 percent increase in BMD at the femoral neck in the group receiving an 8-month WBV intervention compared with the walking control group"
Journal of Rehabilitation Research & Development, Number 4, 2009

"...WBV training may be a feasible and effective way to modify well-recognized risk factors for falls and fractures in older women..."
Journal of Bone and Mineral Research, March 2004

"results indicate the potential for a noninvasive, mechanically mediated intervention for osteoporosis. This non-pharmacologic approach represents a physiologically based means of inhibiting the decline in BMD that follows menopause, perhaps most effectively in the spine of lighter women who are in the greatest need of intervention"
Journal of Bone and Mineral Research, March 2004

** Please see www.goodvibrations4life.com for more information on the above and other studies into the effects of vibration therapy on bone health and density. Frequency, duration and other exercise factors as well as personal characteristics need to be taken into consideration when designing your vibration therapy program to ensure the greatest opportunity for success.*

The GVM: Comparatively the best vibration machine you can buy!

- * **Able to accommodate up to 440 pounds (200 kg).**
- * **It's safe!** Sturdy handholds, and multiple grip points allow for comfort and safety in a variety of exercise positions.
- * **Frequency Settings: 5 - 50 Hz** - with adjustment in increments of 1/10 Hz.
- * **Including stretch bands & the only remote control** for floor exercises. We give you the extras!
- * **Amplitude: 1 -12 mm.** just stand closer or farther from the center of the platform, and you can get a greater or lesser effect. This allows for easy adjustment anytime.
- * **Certification:** CE, ISO 9001 and UL approved for quality and safety.

There are many other benefits to vibration therapy including:

Increasing physical strength and endurance * Increasing metabolism (fat burning capability) * Increasing blood circulation
* Improving skin tone/tightness * Lowering blood pressure * Removing toxins by stimulating the lymphatic system *
Increasing mobility, flexibility, coordination and balance * Reducing joint and back pain

*Call now to find out how
you can benefit from
Good Vibrations 4 Life's
amazing technology!*



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