



RESEARCH:

Examine influence of Whole Body Vibration (WBV) on peripheral & central cardiovascular responses.*

METHODS: Six healthy college age females. Four 3-minute stages of WBV separated by 3 minutes of rest. Increasing vibration challenge was achieved by varying frequency of WBV & foot placement on WBV platform. Measurements of key artery & blood flow levels were taken at the end of each rest & WBV cycle.

RESULTS: Measurements proved that WBV resulted in increased blood flow at the highest vibration challenge compared to rest stages.

CONCLUSION: Moderate intensity WBV results in increased femoral artery blood flow without a significant change in artery diameter.

Without good circulation – our feet/hands become numb. We're cold. When standing on the vibration plate the rhythmic muscle contractions encourage blood circulation.

Capillaries enlarge, so blood flows evenly into the smallest capillaries.

This blood circulation improves delivery of oxygen & nutrients to the body. Metabolic waste is more quickly removed by the lymph system. Whole Body Vibration increases the number of functional red blood cells and also increases the presence of white blood cells in the capillaries.

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