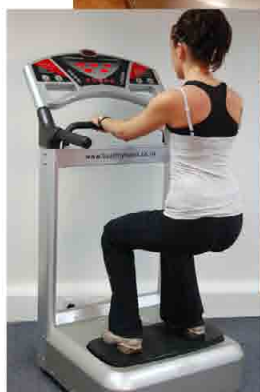
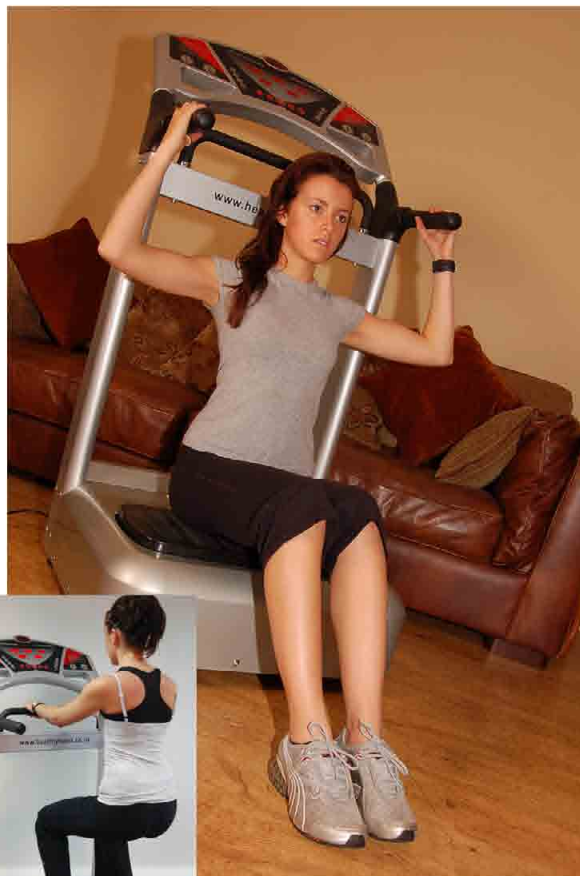


# HEALTHY HABIT

whole body vibration trainer

Just 10 minutes vibration training a day can deliver...

- ✦ Upper & lower body toning
- ✦ A trimmer figure
- ✦ Reduced body fat
- ✦ Reduced Cellulite
- ✦ Reduced varicose veins
- ✦ Increased body strength
- ✦ Improved mobility
- ✦ A freer range of movement
- ✦ Increased circulation
- ✦ Minimise back pain



- Improved muscle strength and performance
- Increased flexibility and range of motion
- Enhanced critical blood flow throughout the body (oxygenation and lymph drainage)
- Increased secretion of hormones that are important in regeneration and repair processes, such as HGH (Human Growth Hormone), and testosterone.
- Increased bone density
- Increase of the happiness hormone serotonin and neurotrophine
- Decreased cortisol levels
- Rehabilitate injuries and ailments
- Enhanced explosive strength
- Enhanced conventional training results
- Enhanced training recovery
- Accelerated weight loss
- Reduced lower back pain
- Enhanced pain reduction
- Improved collagen production
- Reduced appearance of cellulite
- Reducing the effects of stress

The HealthyHabit Vibration Trainer is the quickest and easiest route to achieving the levels of health you desire. With as little as 10 minutes exercise a day, you can tone your body and hone your figure, without the need for visits to the gym and hours of exercise dedication. HealthyHabit also delivers mobility benefits to MS sufferers & can be used easily by those in wheelchairs.

## Specification

power consumption	500w
speed range	5 - 50
amplitude	0 - 9.5mm
max user weight	150kg
net unit weight	64kg
construction	solid steel
dimensions (cm)	70(w) x 60(d) x 135(h)
dimensions (inches)	2'3" x 2' x 4'6"

**A healthier you is just a phone call away!**

**FREEPHONE 0800 043 2148**  
**www.healthyhabit.co.uk**

**HOMEGYM**  
indoor exercise equipment direct