



**1 Hour Workout  
in 15 Minutes**

**Fat Reduction, Weight & Inch Loss  
Cellulite Reduction  
Increased Hormone Secretion (HGH)  
Increased Flexibility & Mobility  
Enhanced Bone & Muscle Building  
Improved Vitality & Wellbeing  
Decreased Cortisol Levels  
Increased Circulation  
Muscle Increase  
Pain Reduction  
Lymph Drainage  
Anti-Aging**

The background of this section shows a group of people using vibration plates in a gym setting. The image is semi-transparent and overlaid with the text.



**Kaygeon Vibrations  
100 East Street South  
Lower Level 1  
P.O. Box #517  
Bobcaygeon ON  
K0M 1A0**

**(705) 738-0340  
debra@  
kaygeonvibrations.ca**

**Whole Body Vibration training is a sophisticated exercise and therapeutic wellness machine that uses vibrational technology based on decades of Russian research and development. Since that first research decades ago, it has been well documented that vibrational technology does in fact repair bone and muscle tissue loss.**

**The Whole Body Vibration machine produces equal, if not better results than conventional training methods, such as weight lifting, in far less time, with less effort and with much less stress on joints, tendons, and ligaments. Studies have shown that twelve minutes of training on a whole body vibration platform is equal to an hour workout with weights. It is an incredible therapy regimen for people with injuries, the elderly or those with disease conditions such as arthritis, fibromyalgia or Multiple Sclerosis who are normally excluded or limited from a good fitness program.**

**Enhanced blood flow and increased cell stimulation improves the integrity of the collagen matrix. This leads to tighter, stronger and more beautiful skin, hair and nails. Increased oxygenation to the tissues improves the metabolic rate which increases fat and cellulite loss. Just 10 - 15 minutes, three times per week is enough to cause this fat burning effect.**

**Kaygeon Vibrations memberships are available at**

**Kaygeon Vibrations  
100 East Street South  
Lower Level 1  
Bobcaygeon**

**705-738-0340 or [debra@kaygeonvibrations.ca](mailto:debra@kaygeonvibrations.ca)**

**Bring this flyer in for a free session at  
Kaygeon Vibrations**