

Reduce your risk of falling with



Are you taking your (or your loved one's) risk of falling and fractures as seriously as you should? The prevalence of traumatic injury due to falling rises from 35% to 45% after we reach the age of 70, and is the #1 cause of hospitalization among all Seniors. Some potential risk factors that increase the likelihood of falls include individuals with certain diseases such as diabetes, Parkinson's, osteoporosis, or those experiencing decreased cognitive ability or dementia. Individuals with ALL of these risk factors have been studied and proven to benefit from using Power Plate as little as 2 times per week.

Power Plate is a class II FDA cleared medical device shown to:

- **Help reduce the likelihood and impact of slips and falls**
- **Reduce and prevent bone loss**
- **Increase bone density and strength**
- **Maximize mobility and flexibility**

No matter your age or fitness level, you can confidently, safely and effectively perform all of the unique bone and muscle strengthening exercises by using the stability bar attached to the plate. By simply standing, stretching, or performing resistance training on this vibrating platform, you will find balance, stability and flexibility are all significantly restored. These movements plus vibration retrain motor patterns as well as activate and engage more muscle fibers than any other therapy.

Book your Power Plate demo today
for strength and prevention!

[Click here to schedule
your free demo session](#)



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ACTIVE AGING
Exercise Guide

