

Fitness

A new way to exercise

One of the main drawbacks to getting fit is finding the time to do it. Not any more! A new form of exercise that takes just 25 minutes could be just what you're looking for

If you feel going to the gym or pounding the pavements is too time consuming or just too much effort, then a new exercise studio, Your Body Active in the centre of Richmond, has the answer.

Your Body Active, run by Simon Bateman, has the latest 'acceleration vibration technology' – or in layman's terms: machines called Power-Plates which work the body through vibration, cause muscles to automatically stretch and reflex at speed, giving a short but intense workout.

Says Simon: 'The Power-Plate platforms work on groups of muscles, stimulating them to involuntarily contract, meaning 100% of the muscle fibres are used, unlike during other exercise. The speed of the muscle contraction is dependent on the speed of the movement of the platform. Our standard setting is 40hz, resulting in the muscles contracting at 40 times per second – the equivalent of 40 squats! A huge amount of calories are burned and it helps to increase metabolism. Normal exercise just doesn't produce the same effect unless you train at a high intensity for a long period.'

This sounded so good I decided to try out the Power Plates myself. All sessions are personally supervised, so Simon took me through the different positions on the platform, working on the

your body active

different muscle groups. Holding the squat position for a couple of minutes during the intense vibration was hard work and you can really feel the machine working the muscles.

Simon feels Power Plates are great for time-poor professionals and mums who have to fit in exercise in short snatches as the programme lasts just 25 minutes. It helps you to lose weight, increase muscle tone and improve overall health. Says Simon: 'We recommend at least two sessions a week and most clients notice a change after two to three weeks.' There are no joining fees, you can just book a package of sessions to take when you want.



There is also a Pilates studio, run by Michael King, a founding director of the Pilates Institute in London.

The studio is one of few that can offer Pilates equipment such as the Reformer. The springs add resistance to a work out making it more effective and easier to target each individual's needs.

If you're short on time but want to improve your health and fitness, Your Body Active seems a good place to start!

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