



## Gadget Guide



### **POWER PLATE**

Power Plate uses whole body vibration technology that essentially speeds up the exercise process providing maximum results in a short amount of time. Benefits include improved muscle strength and tone, flexibility, bone density, mobility, balance and increased blood circulation. The Power Plate my5 has a sleek design and user-friendly settings and remote control. Power Plate is found locally at Pac Fitness in Henderson and Summerlin, [www.pacfitnesslv.com](http://www.pacfitnesslv.com).