

# Get Very Fit – Time to Get in Shape

Weight-Loss, Exercise and Diet Tips

## Power Plate with Claire Fey On TV

by FIT GUY TODD on JULY 24, 2009



Once again Personal Trainer Claire Fey is on "Good Day Tulsa" local news program, demonstrating the Power-Plate and describing it's benefits! ... Fitness Power-Plate Personal Trainer Vibration Technology cellulite weightloss antiaging Claire Fey workout Tulsa