

Media Release
For immediate use

Bridal Slim Down Sorted

Power Plate® workouts are perfect for Brides to tone up and lose weight

While many women believe their wedding day is one of the most wonderful of their lives, the lead up to the big day can be one of stress, sleepless nights and squeezing into your wedding dress after a few too many cocktails at the Hens Bash.

Power Plate technology (www.powerplate.com.au) takes the guesswork out of losing weight and toning up for your big day, while also decreasing stress levels and improving the texture of your skin.

Power Plate equipment is a luxury product which employs the concept of Acceleration Training™ to provide great results in fitness and wellbeing. Using Power Plate equipment offers a wide range of benefits, achieving results in as little as three short sessions per week over a six week period. Regular training can help improve muscle strength and tone, flexibility, range of motion and circulation, as well as reduce the stress hormone cortisol and enhance metabolism to aid weight loss.

One bride who knows all too well the benefits of Power Plate equipment is Melanie Harding, who used the Power Plate to shape up and tone before her big day. Melanie and her husband Dean now run their own Power Plate studio, the Body Transformation Centre, in the Sydney suburb of Balmain.

"Before my wedding I felt as though I really needed to tone up my arms and shoulders to look incredible in my strapless wedding dress," says Melanie.

"I started using Power Plate and within a couple of sessions I could feel my body changing shape. I used it for eight weeks leading up to the wedding and loved every minute of it, especially since sessions were only half an hour each, leaving me plenty of time to organise the rest of the wedding."

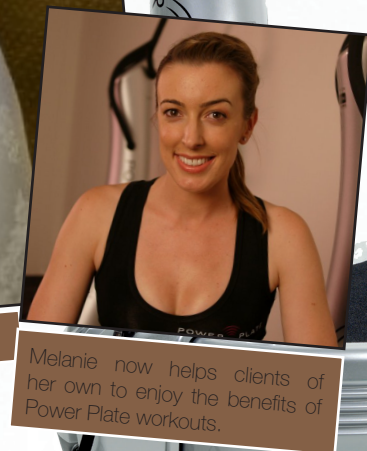
"Not only did I tone up my arms and shoulders, but I had a killer silhouette in my figure-hugging gown! I was so impressed that my husband and I started up our own studio to help other women achieve the same thing.

Now I train women of all ages to feel great about their bodies and have a desirable physique."

Power Plate classes are available all over Australia. To find your nearest gym or health club offering classes, visit www.powerplate.com.au. Alternatively for your own machine, Power Plate have home use models available for purchase. To find out pricing information, phone 1300 411 495.



Melanie on her wedding day.



Melanie now helps clients of her own to enjoy the benefits of Power Plate workouts.

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