



Healthy beginnings

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Becky Chambers' VibroGym has received kudos for reducing the time her clients spend at the gym.

Lexington gym gives off good vibrations

CLIENTS ACHIEVE MAXIMUM BENEFIT IN MINIMAL TIME

By Susie Davidson

The next time someone asks you "what's shaking" you might just point them toward the clients at Vibrant Health of Lexington. There, good vibrations abound as people increase strength, build bones and lose weight, all in just minutes. They're doing all this on the VibroGym, which gives the equivalent of 40 to 90 minutes of weightlifting in only 10 minutes.

It sounds much too good to be true. But the 100-plus (many formerly overweight) clients, aged 12 to 70, who have used Becky Chambers' VibroGym during the past three years prove the effectiveness of vibration therapy. So do 37 published vibration studies on muscles, strength, oxygen uptake, hormones, performance, balance, bone density, motor neurons, the elderly and general health and wellness.

The VibroGym was developed by the Dutch Olympic trainer Gus van der Meer, and is used by Olympic athletes, NASA and pro sports teams. It works by generating and displacing vibrations from the platform onto the body.

Depending on the frequency and intensity selected by the user, muscles automatically adjust to the stimuli to contract and expand 30-50 times per second. The body tires, rests and recovers. With repetition, performance increases, hence an intense workout without actually moving. As an added plus, the vibrations cause regenerative and repair hormones to kick in. These improve blood circulation and lymph drainage, metabolic rate and bone tissue, for a gain of stamina, flexibility, mobility, skin tone and

fat/cellulite reduction. Better results, less time and no extra effort.

Though Chambers describes the experience as almost like holding a jackhammer, it feels more like a deep massage. Various positions target specific muscle groups, and for post-menopausal women, the routine can significantly increase bone density. Mary Onorato of Sherborn, 68, was diagnosed with severe osteoporosis in 2002, with a -3.8 T score, or 39 percent loss of bone density. She tried calcium, strontium and Progesterone supplements, as well as aerobics, a trampoline and walking. But by 2004, her T score had slipped to -3.9. Since June of that year, when Onorato began using Chambers' VibroGym, her bone density has increased by 23 percent.

"All I did was that machine, cal-

"I've lost 40 pounds in three months, and I'm stronger and calmer than ever."

Chad Asnes
Fitness professional

cium and strontium," she said. Onorato used to put her older grandchild in the stroller and push him around. "Now I pick up the younger one without a thought."

As with any fitness routine, VibroGym workouts should be done in conjunction with good nutritional and lifestyle practices. "Using a combination of the VibroGym, dietary changes and sound therapy, I've lost 40 pounds in three months, and I'm stronger and calmer than ever," said Wellesley fit-

ness professional Chad Asnes.

Chambers can speak from personal experience. She was chronically ill for much of her life, with ailments that included chronic fatigue syndrome, allergies, chemical sensitivities, joint problems, depression, digestive dysfunction and immune system weaknesses.

"I spent at least 25 years trying to get better," the Lexington native explained. "I searched the country trying to find something that would help, and finally, I found powerful new methods that helped me go from always being sick, exhausted, and weak, to climbing Mt. Washington last year." Chambers' center is the only such facility in New England.

"I'm stronger, firmer, noticeably more toned, and my mood is decidedly better," said Judi Garland of Lexington. She even canceled her gym membership.

According to Chambers, use of the VibroGym also raises serotonin levels. She reports that many clients have seen their moods improve and have been able to stop taking antidepressant medications. Others have enjoyed reductions in allergies, asthma, arthritis, irritable bowel syndrome, chronic fatigue, digestive problems, high cholesterol and high blood pressure, with a combination of the VibroGym, nutritional supplements and diet.

Chambers earned a bachelor's degree in biology from University of Massachusetts-Amherst, a master's degree in education from Lesley University and a Ph.D. in naturopathy from Clayton College of Natural Health.

"My education enhances my ability to satisfy my obsession: to bring health and wellbeing to myself and as many people as I can."