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Wobble your way to slimness

The rich and famous swear by them, but can vibration platforms really help you tone up?

Research suggests that, used correctly, they'll not only help you lose weight, but will trim the harmful fat that settles around the internal organs and raises the risk of heart disease.

Scientists at the University of Antwerp in Belgium studied the effects of using a Power Plate, (generic name for this form of exercise), in a group of overweight or obese people - mostly women.

The subjects were given the same dietary advice then split into three groups. One did no exercise for six months while another did aerobic activity such as swimming and aerobics three times a week. The final group used a Power Plate for around 13 minutes a day, five days a week.

After six months, the diet-only group lost 6 per cent of their body weight, the aerobic exercise group 7 per cent and the vibration group 11 per cent.

But the biggest improvements came in the loss of fat around the organs. The vibration group lost almost two-thirds more than the aerobic group and more than double the amount lost by the dieters.