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Proellix machine makes waves in White Rock

Good, good vibrations

Kristyl Clark
Staff Reporter

Caree Ludwar, the owner of New Beauty Institute, offers an innovative weight loss solution that's changing the way people workout and tend to their health. It's called Proellix, a body firming and toning machine based on the technology of the National Aeronautics and Space Administration (NASA).

For seniors, it's proven beneficial in helping to improve balance, which is ideal for falling prevention.

Although anyone can fall, the risk becomes greater with age.

Every year, one in three Canadian seniors will fall at least once. Hip fractures are the most common type of fall injury among seniors, and about 20 per cent of injury-related deaths among seniors can be traced back to a fall.

The Proellix machine is simple to use. It works by transmitting a fast sequence of vibrations specifically designed to activate and stimulate the muscle walls of the body. This allows direct stimulation of the muscles without producing oxidative stress, which is the common cause of fatigue after an intense workout.

"Workouts are accomplished without perspiration, affecting heart temp or causing muscle fatigue," says Caree.

The voice-activated machine offers 10 pre-set programs each focussing on different workouts - specific muscle groups to intense overall training-with voice prompts to position your feet. The machine goes through




Brian Griebelous photo

Barbara Taylor uses the Proellix machine at New Beauty Institute to stay fit.

see page 25

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Daily exercise is key to looking good and staying fit

A long life starts with a healthier lifestyle

As the aging process progresses, most men begin making health a priority. But many of the health problems both men and women encounter as they age are the result of lifestyle choices they made when they were younger and continued to practice as they got older. Simply put, what's done to a body today will affect how it behaves tomorrow.

Fortunately, the human body has an amazing capacity to recuperate, meaning it's never too late to make lifestyle changes that can make a person's golden years more healthy and enjoyable. While the term "lifestyle changes" can seem overwhelming,

many of these changes are far easier to put into practice than it might seem.

■ **Watch your weight.** Obesity levels have exceeded, reached or are approaching all-time highs in many developed nations. Obesity can be especially harmful to adults approaching their senior years, as obesity increases a person's risk for diabetes, high blood pressure, stroke, and heart disease.

Maintaining a healthy weight is one of the best things a person can do to avoid the series of problems that men and women can

see page 26

Lose inches, improve balance

from page 24

a warm up workout cool down, all in 10 minutes.

Institute technicians supervise the process. Barbara Taylor, a 79-year-old White Rock resident, began using the Proellix machines at Institute Beauty around four years ago, for 10 minutes, five times a week.

Although she wasn't overweight, she wanted to tone up and lose a few inches.

After her first session, Barbara was hooked.

"It's so easy and you really feel great after you've been on a machine," she says. "It lifts you right up. You're not tired and you don't have the sore muscles that you normally get when you do a workout."

In just one week, Barbara began to see and feel the results.

"I felt stronger and tighter all over, especially my core and I've gone from a size six to a four."

Institute New Beauty is located at 112 1656 Martin Dr. For more information about the Proellix machines call 604-541-8750.

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