

CASE STUDY FEELGOOD FITNESS & WELLNESS CENTRE



Feelgood Fitness integrates Power Plate to unlock the power of exercise, health, wellbeing and confidence benefits.

Owned by Aaron Tyler, Feelgood Fitness, based in Basildon, Essex, opened in 2019 to focus heavily on medical rehab, active ageing and personalised support in collaboration with Active Essex.

For some time now Aaron has had a herniated disc, sacroiliitis, chronic pain and inflammation, as well as damage to his cerebellum and cognitive behaviour, having discovered Power Plate has led to a positive impact on him personally and now he is on a mission to help others.

Aaron says -“This has now become part of our plan to improve everything from activation and recovery to group exercise classes, rehab, PT sessions and personalised programmes. We are embracing the full range of Power Plate products, from whole body vibration platforms to targeted vibration devices and the Power Plate REV™ bike.”



A health-optimising mission - “We’re on a mission to optimise people’s health, taking pressure off the NHS by empowering gym and health club operators to deliver healthcare within their own environments,” says Steve Wright, VP of Power Plate UK & EMEA.



“As our sector moves to embrace this agenda, we’re responding not only with health-optimising products, but also the data operators need to evidence their case. From Parkinson’s and Alzheimer’s to stroke rehab, cerebral palsy, menopause and more, we have the scientific evidence – and the case studies – to demonstrate Power Plate’s positive impact.”



Changing people’s lives, successful stories:

“One member had been run over by a fork lift truck and couldn’t feel his legs. After doing Power Plate sessions, he now has feeling in his legs and can walk. His verdict: Power Plate has changed his life.”

“And a stroke recovery programme and community sees a group of stroke survivors come to the club each week for a group discussion and Power Plate workout to improve their physical and mental wellbeing.”

“also combines Power Plate with Blaze Pods to support members with cerebral palsy, brain injuries and following strokes.”

“We have so many members who can now walk without sticks,” says Tyler, “while others – myself included – use Power Plate Move classes to relieve our sciatica.”



Sharing the science - Tyler explains: “A number of members had seen Power Plates in other gyms and just thought it was something that made you wobble! They didn’t understand what it was all about.”

“We always explain the science, which means people use Power Plate properly and really feel the benefits.”

“It’s an approach that has made Power Plate so popular at the club that there’s often a queue to use the products,” says Tyler.

“We’re committed to providing this. Power Plate is the one single brand that delivers on the health, fitness and wellness needs of an unparalleled range of populations.”

“We’re here to help clubs embrace a more health-centric agenda to truly change people’s lives, and Feelgood Fitness & Wellness Centre is the inspiring example that shows what’s possible. We’re hugely proud to partner with Aaron and his team.”

