

Press Release



Vital Energy is Giving You No Excuse Not to Exercise Using a Non-Traditional Way

Do you know exercise is good for your health? It is as cliché as it sounds, but we still keep hearing it every once in a while because how many of us have failed to do so?

We might be able to exercise here and there to keep ourselves just as healthy as we can, but how about our aging parents? How about our disabled family or friends, if that's the case, how are we going to do about it?

Vital Energy was born for that specific reason, they understand that the different types of life style influences people's availability of exercise. Whether there are senior has limited mobility, or disabled has no way of doing exercise or people like us, we have got no time to exercise but got time to watch Netflix at home.

Whole body harmonic vibration is a passive exercise and works with the mighty gravity power, it uses mechanical force to push the body upward, and then let it fall down naturally. This type of repeatedly movement impacts to our body including cardiovascular system, muscular system, and metabolic system.

Vital Energy has created and turned the vibration machine into a house-friendly furniture that conceptually functions just as similar as jumping rope exercise, but without you to move on your own. Over the past years, Vital Energy has grown and proven its credibility by adopting their vibration technology into numerous households as well as National Hospitals over the past years.

There are people who have full functional physical ability to exercise, and there are those just aren't able to. So the idea is simple, Vital Energy sees the opportunity and the needs in it, especially in senior and disabled community, and "If I will have to say, this also fits perfectly for people like me, whether not have time to exercise or just refuse to move away from their couch." said Vosen Chen, Vital Energy GM.

Vibration therapy was first used to train astronauts by Soviet Union in the early 1960. It was used to prevent losing bone density of astronauts. Decades later, vibration technology has evolved and has been used in medical and sports area, "and the needs are there, we think the vibration technology will and should be adopted as a personal enhanced companion for elders and disabled at home, and I am talking about now"

The problem is easy to identified but it is easy to be ignored at the same time. In reality, exercise just isn't possible for some. To solve the problem, Vital Energy providing the passive exercise equipment, hoping this technology is able to change the way we think of the exercise for the "sedentary".

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