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## **Honiton: we've got the Power!**

Madonna's got one, Premiership footballers love them and now Honiton has it – the revolutionary Power Plate exercise machine.

The amazing piece of kit has just arrived at Leisure East Devon's (LED) newly enhanced gym at Honiton Sports Centre and gives users a complete all over 60-minute workout in just 10 minutes. Its vibration system helps to accelerate weight loss, combat cellulite, increase muscle strength and tone and enhances stamina and performance.

Simon Davey, who manages Honiton Sports Centre, said: "We are very excited to have the Power Plate, it is the choice of many sports stars and celebrities to help keep them fit and our users now have it. It's great advantage is that it can offer an hour's worth of exercise in just 10 minutes and has numerous benefits, from muscle toning to helping circulation and cellulite reduction."

The Power Plate helps the body by increasing bone mineral density to fight osteoporosis and increasing the production of collagen to encourage firmer, smoother skin. It helps increase circulation and oxygenate blood flow, which causes reduction of cellulite.

For more information on Power Plate and to book a session on the machine, contact Honiton Sports Centre's gym staff on 01404 42325.

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Notes to editors:

1. Use of the Power Plate is available to LED gym members. Costs vary according to length of session and type of LED membership.
2. Leisure East Devon Ltd was established on 1 January 2006. East Devon District Council's leisure facilities and equipment assets are leased to it.  
[www.ledleisure.co.uk](http://www.ledleisure.co.uk)
3. The facilities are: Axe Valley Sports Centre; Broadclyst Sports Hall; Colyton Sports Centre; Colin Tooze Sports Centre (Ottery St Mary); East Devon Tennis Centre; Exmouth Sports Centre and Swimming Pool; Exmouth Pavilion; Exmouth's Phear Park; Honiton Sports Centre and Swimming Pool; Seaton's Seafield Gardens; Sidmouth's Coburg Road; Sidmouth Sports Centre and Sidmouth Swimming Pool.

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