

my body, my time™

The Power Plate® Machine
Celebrity Fans
2009



POWER PLATE®

Introduction

On the following pages you will find endorsement quotes from a variety of celebrities, who know and use the Power Plate® machine. You are welcome to use these quotes to support your media relations, such as using them in press releases or providing them to journalists who are writing a feature about the use of the Power Plate® machine. Please note, however that these quotes should only be used for public relations purposes initiated by a Power Plate® machine distributor or their representative. If you have any questions regarding this information, please do not hesitate to contact your marketing coordinator.



Nick Dougherty...

Nick Dougherty is a UK Championship Golfer and has represented England an astonishing 74 times.

He is a protégé of Nick Faldo and had an exceptional amateur career with numerous tournament wins including the 1999 World Boys Championship and three in Faldo Junior Series events.

He was a member of the victorious Great Britain and Ireland 2001 Walker Cup team.

Dougherty turned professional in 2001 and gained membership of the European Tour via the 2001 Qualifying School.

He was the leader after the first round of the 107th U.S. Open with a two under par round of 68. He finished the tournament in a tie for seventh place to record his best finish to date in a major championship.

Later that year he secured his second European Tour victory.

“Introducing the Power Plate® into my training schedule has had a significant and hugely positive impact. I love the versatility it offers; from stretching, strength and flexibility, to massage and relaxation, exercising on a Power Plate® has added an exciting new dimension to my training programme.”



Sting...



“**Sting**” is a chart-topping English musician.

Prior to starting his solo career, he was the principal songwriter, lead singer and bassist of the rock band The Police.

As a solo musician and member of The Police, Sting has sold over 100 million records.

Received over sixteen Grammy Awards for his work, receiving his first Grammy for Best Rock Instrumental Performance in 1981, and receiving an Oscar nomination for best song.

"The band must be in peak physical form to withstand the demands of daily travel and nightly performances. The Power Plate® machine is that key component in helping us feel and look our best. Taking it on the road made a big difference".

Clint Eastwood...

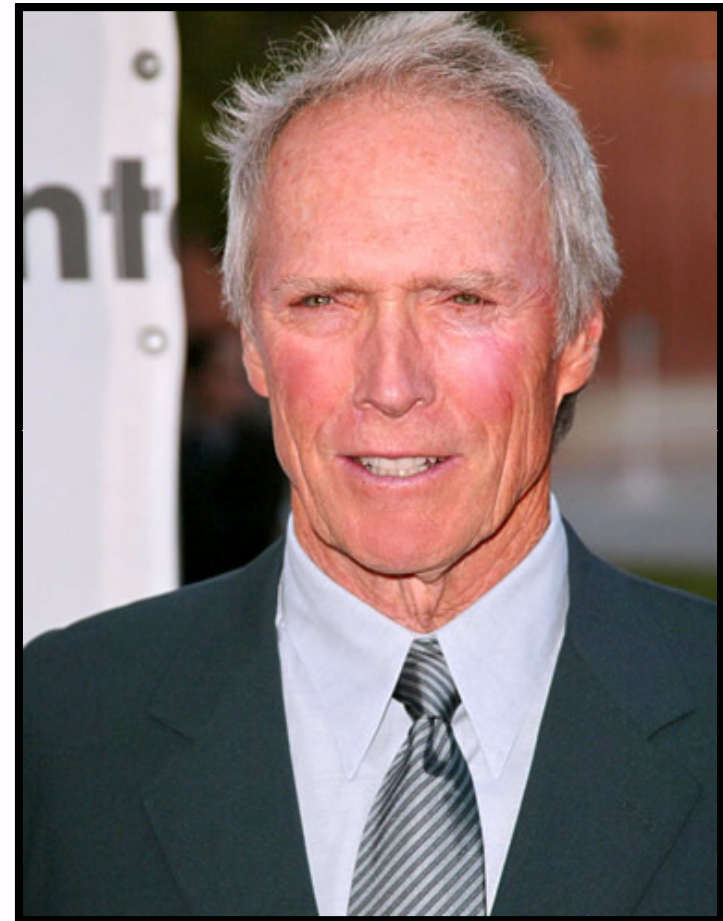
Clinton "Clint" Eastwood, Jr. (born May 31, 1930) is an Academy Award-winning American actor and filmmaker and is the longest-running movie star in film history.

Eastwood is best-known as an actor for his tough guy, anti-hero acting roles in action and western films, particularly in the 1960s, 1970s and 1980s.

Eastwood has won five Academy Awards—twice each as Best Director and as producer of the Best Picture and the Irving G. Thalberg Memorial Award in 1995.

He has also been nominated twice for Best Actor.

"The Power Plate® machine is a fast and effective strength workout and I like it before a round of golf because it helps me be loose and flexible."



Hilary Swank...

Hilary Ann Swank is an American actress.

She is known for her two Academy Award-winning performances in *Boys Don't Cry* and *Million Dollar Baby*.

"Grant Roberts my trainer for Million Dollar Baby suggested I get the Power Plate® machine because my schedule doesn't always allow the time I would like for exercise. I love that with the Power Plate® machine, I can get a full work out at home in next to no time. I really am impressed with the machine's ability to target and recruit specific muscles and improve my flexibility at the same time. It just feels good."



Elle Macpherson...



Elle Macpherson is an Australian model, actress, philanthropist and businesswoman, and is known as “The Body” in the model industry.

She is renowned for her beauty, ideal measurements, and entrepreneurial skills.

She is also known as the founder and public face of a series of business ventures including a lingerie line called Elle Macpherson Intimates and a line of skin care products called "The Body."

She is worth around £60 million.

“I love my new Power Plate® machine. Even after only 2 weeks on the Power Plate® machine I can already see a difference in my legs and stomach. It is really working, everything seems so much firmer. I love the fact that I can see results in such a short time with such little effort!”

Claudia Schiffer...

Claudia Schiffer is a German model and actress.

Schiffer is one of the world's most successful models, having appeared on over 500 magazine covers

She was estimated to be worth £38 million by Forbes magazine in 2002.

"I love using the Power Plate® machine as part of my fitness regime as I can do a really intensive work out in such a short space of time. As a working mother with a hectic work schedule using the Power Plate® machine helps me stay in shape without having to spend hours in the gym."



Kylie Minogue...

Kylie Ann Minogue, is an Australian pop singer-songwriter and occasional actress.

She rose to prominence in the late 1980s through her role in the Australian television soap opera *Neighbours* before commencing her career as a recording artist in 1987.

She has sold in excess of 60 million records.

She was awarded an OBE in 2008 for services to music.

"My friends raved to me about the Power Plate® machine, and now I know why. It is a great invention and a convenient, time-efficient work out!"



Natalie Imbruglia...



Natalie Jane Imbruglia is an Australian singer-songwriter, model and actress.

To date she has sold more than 10 million records worldwide.

"I really love the Power Plate® machine. It saves me so much time, and provides me with a more focused workout that really gives results. I know I am getting toned and fit in a fraction of the time."

Jonathan Ross...



Jonathan Stephen Ross born in London.

A triple BAFTA Award-winning English film critic and presenter of radio and television.

Working extensively with the BBC, Ross has presented *The Film programme* since 1997, his own chat show, *Friday Night with Jonathan Ross* since 2001, and a radio show on BBC Radio 2 beginning in 1999.

"I love it! Twice the workout in half the time. Am feeling and seeing the results already and it's actually fun to use. I'm hooked"

Anthea Turner...



Anthea Turner is an English journalist, television presenter and popular media personality.

“My Power Plate® machine was bought for me on my birthday by my husband and I just love it! My whole exercise regime has now been condensed to fit in with my busy life. It is worth its weight in gold for the hours that it is saving me and the benefits I am reaping. I have already seen considerable improvement on my cellulite and skin tone and would recommend this wonder machine to anyone”.

June Sarpong...

June Sarpong MBE is a popular English radio presenter, TV personality and businesswoman.

“What I appreciate most about my Power Plate® sessions at Core is the quality of the training and the speed at which I have seen results; 25 minutes twice a week and I can get on with my life. My skin is toned, I have better muscle definition and I’m left with a tremendous sense of clarity – I love it”



Normandie Keith...



Normandie Keith, Beauty Editor of 'You Magazine.'

'As a beauty editor and a working mum I am always on the look out for the best ways to keep in shape and maintain a healthy, glowing look that does not take hours of maintenance. The Power Plate® machine is quite simply a dream come true. This fabulous piece of equipment delivers a fast, effective and low impact workout in only fifteen minutes, and just three sessions a week are enough to see a difference. It works to combat cellulite and helps maintain a glowing complexion - what more could a girl want?'

Philippa Forrester...

Philippa Forrester a British TV and Radio personality, as well as an author.

“Being a full time mum with all the demands of juggling family life I quite regularly find that my time has completely run out. I think that every working mum has the problem of trying to keep in shape and also how to get it back after giving birth without dying of hunger and losing their health. Any new mum will relate to the difficulty of trying to get rid of the last few pounds of baby fat. I now use a Power Plate® machine at home with JOY as I can find those precious fifteen minutes to stand on it, do my different poses on it and still keep an eye on my children, the cooking and anything that I am trying to do at the same time. This means that I can genuinely multi task with a smile. To me the Power Plate® machine is definitely a good investment for my health, fitness and well being.”



Alan Parry...



Alan Parry is a British sports commentator, born and raised in Liverpool, concentrating on football and athletics.

He has, uniquely, commentated for all three main broadcasters of football in the UK - the BBC, ITV and Sky, as well as for both BBC and commercial radio.

"These days, I only talk about football rather than play it, but I still have to keep fit to maintain my busy schedule with Sky Sports. I used to go to the gym or go running, but I was finding it hard to devote enough time to a fitness regime. Then a friend recommended the Power Plate® machine and what a difference it's made to my life. I can now work on my fitness and flexibility in half the time it took me before and it's so much more enjoyable than conventional methods."

Lisa Butcher...

Lisa Butcher is an English fashion model and TV presenter, and has her own jewellery line called "The Eden Collection."

Butcher won British ELLE's first *ELLE's Angels* modelling competition in 1987.

Dubbed the "Face of the 90's", she graced the covers of *Vogue*, *ELLE*, *Marie Claire*, *Harpers and Queen* and *Tatler*.

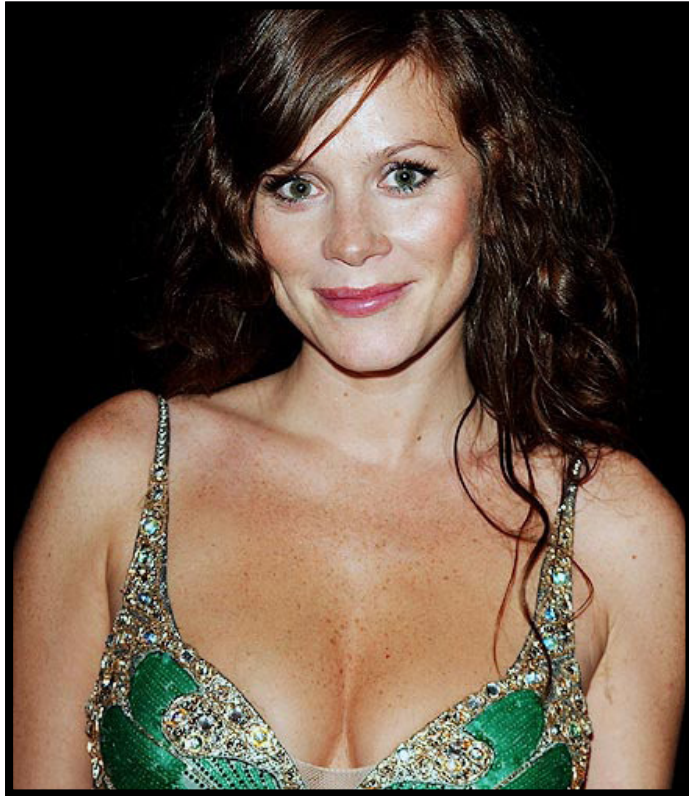
She has also appeared in numerous commercials, most notably, Max Factor, Olympus Cameras, Vision Express Lancaster, Vidal Sassoon, Pirelli, Clarion mascara and Onebiol moisturiser

Lisa is a top model for designer brands, including Yves Saint Lauren, Ferritti Jeans and John Galiano.

"The Power Plate® training at Core London has helped me to condition my body inside and out. 25 minutes in a chic, calm studio with trainers that care and I'm ready to deal with the challenges of my hectic schedule."



Anna Friel...



Anna Louise Friel is a Golden Globe-nominated English actress from Rochdale, in Greater Manchester.

She currently stars as Charlotte "Chuck" Charles, the female lead in the American television series *Pushing Daisies*.

"It's so quick and easy, it's the perfect friend on set. After just 2 weeks of 20 minutes a day, the tone is really showing! It's the best piece of exercise equipment I have ever owned. Being an actress I can even have it in my trailer and work out in between scenes. I have the strongest legs I have ever had. I love it and highly recommend it."

Hermione Norris...



Hermione Jane Norris is an English actress. She made her debut in the popular comedy drama television series, "Cold Feet."

"The Power Plate® machine has changed my exercise regime and I love it. I feel like I can see the results already."

Jason Bradbury...

Jason Bradbury is a TV presenter and children's author.

His TV credits include a wide range of light entertainment and science and technology formats, which include The Big Breakfast, Top Gear GTI, ITV's The Web Review Show and UK TV Channel Five's The Gadget Show

'I test high-tech gadgets for a living. I can honestly say that the Power Plate® machine blew me away. Exercising on its vibrating platform once every two to three days for about forty minutes gave me visible results within a matter of weeks. In my opinion, this is the most significant development in home fitness I've ever seen - not only did my shoulders, my abs and my biceps become visibly more defined (and larger) but I was stronger all over. And it's fun, really fun - there's something about the novelty of the design that keeps you coming back. I found that the technology behind the Power Plate® machine meant I got a lot more from my work out in a much quicker time. You can even warm up, stretch and massage down after your work-out, which helps motivate you to get up and at it. I'd certainly recommend it to anyone seeking a fast and effective way to build up strength and fitness.'



Nikki Waterman...



Nikki Waterman is one of the UK's foremost fitness experts and co-presenter of GMTV's hugely successful "Inch Loss Island".

"As a professional fitness trainer, I am constantly on the lookout for new and exciting fitness solutions that are sustainable and achievable for anyone, whatever your age or fitness level. Power Plate® training is the ideal way to fit a fast and effective workout into a hectic lifestyle. In just fifteen minutes, three times a week, you can achieve a full body workout that will help you to tone up problem areas, lose inches and even combat cellulite. It's every busy woman's best friend!"

Maureen Lipman...



Maureen Diane Lipman is a well-loved British film, theatre and television actress, columnist, and comedienne.

“Of all the forms of exercise that I have done, Power Plate® training is the most concise. If I start my session at 9.30am, I know I can be at my desk by 10.15am and I can even fit in a workout before rehearsals. Power Plate® exercise is not at all intimidating, and I know that in a short session I have had a complete workout.”

Zinedine Zidane...

Zinedine Yazid Zidane is a French professional football player.

He has played for club teams in France, Italy, and Spain, and was a member of the French National Team.

His career accomplishments include helping France win the 1998 FIFA World Cup and UEFA Euro 2000, and winning the 2002 UEFA Champions League with Real Madrid.

One of only two three-time FIFA World Player of the Year winners, Zidane was also named the European Footballer of the Year in 1998.

His abilities were further recognized in 2004 when he was included in Pelé's choice list of the world's greatest footballers.

