

my body, my time™

The Power Plate® Machine
Female Celebrity Fans 2009



POWER PLATE®

Introduction

On the following pages you will find endorsement quotes from a variety of well-known female 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.



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."

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.”



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 Galliano.

"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."

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.”

Sinitta Malone...

Sinitta Malone is an American actress and singer who has lived in the United Kingdom for most of her career,

Famed for her hit records in the 80's including, "So Macho", "Toy Boy", "Cross My Broken Heart" and "Right Back Where We Started From".

She is also known for her close relationship with Simon Cowell (X Factor US / UK)

"We've just taken delivery of the Power Plate® machine, so our X Factor judges can fit a workout into their busy schedule. They love how this fast and effective training is helping them to stay fit and on top of their game for the demands of judging. In fact, they are just about queuing up to take their turn on it. We are thrilled that just one piece of kit gives our judges such versatility and quick results."

