

The Review

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Genevieve Receives Good Vibes

“One of the most emotional and awesome experiences I had to date in my career as a Personal Trainer, is witnessing Genevieve walk for the first time to her husband to collect a kiss! This was truly a moving moment as Genevieve hadn’t walked unaided in 18 years”, said Monique Ballinger Director of FXU Vibration Exercise Training studio in Upper Hutt.

Genevieve McLachlan has been training at FXU for almost a year now. She has Cerebral Palsy and uses a wheelchair and walking frame for mobility. She also has a visual impairment and uses a Guide Dog named Pedro. When she first started working out at Monique’s studio she was unable to stand unsupported but now she is able to complete the 15 minute power plate sessions three times a week. Vibration Exercise Training relies on power plates to regenerate growth hormones to help tissue repair. The plates also help with muscle growth, brain function, energy and metabolism issues.

At the beginning Genevieve was looking for a low impact exercise which didn’t cause any additional discomfort or pain. When she discovered Vibration Training she also found two excellent trainers in Monique and her colleague Sue.

“Both Monique and Sue encourage me to try different things but don’t push if I can’t manage something. I’m consistently surprised at what I can manage and look forward to each session,” said Genevieve.

She is also consistently amazed with improvements in her other activities. As a member of Sailability Wellington’s Race Squad she has noticed she keeps her balance in the boat much more easily. When she goes bike riding on her power assist three-wheeler she finds herself self peddling far more and relying on the motor much less. When she arrives home



Power plates do wonders for Genevieve’s fitness.

she is able to stand up and walk to her walking frame without her legs feeling like jelly and she is not so exhausted when she exhibits at conferences as Director of Adaptive Technology Solutions.

I would highly recommend this programme to anyone wanting to keep fit and exercise in a way that is low impact,” said Genevieve.

All the best with your ‘Spirit of Attitude Awards’ nomination, Genevieve. With the help of Vibration training you are certainly making an impact in your community.

Ross Flood

NB Photos were taken by professional photographer Liz Evans.

