Give your back a treat with “Goldfish Exercise”

The FlexxiCore® Passive Exerciser was introduced in Britain as an adaptation of this Japanese exerciser, combining the calming and energising effects of Goldfish Exercise with the therapeutic back care benefits of CPM – at a fraction of the cost of sophisticated CPM equipment. The user simply lies down, puts their feet up on a cushioned cradle and lets the FlexxiCore’s robust motor do the work.

Adaptable to people of all ages and fitness levels
The body’s natural response to the swinging of the feet is a pleasant goldfish-like motion from the hips up, releasing tension in back, neck and shoulders, deepening respiration, and boosting circulation. The beauty of the FlexxiCore is that its precisely adjustable controls and broad speed range allow people of all ages and fitness levels to enjoy an invigorating workout at a speed that can be as relaxing or stimulating as they wish.

Research validates the FlexxiCore’s benefits
Research has shown that much back pain can be attributed to an inability to relax, physically or mentally. A regular rocking motion is also known to help synchronize brain waves and calm the nervous system. Other research has shown how cartilage production in degenerative joints can be stimulated by relatively small degrees of motion, allowing for better gliding of the joint surfaces without pain or restriction.

The FlexxiCore thus works in several ways to maintain back health. Popular among those with common back problems, such as gardeners and golf players, it works wonders for many with stiffness and general fatigue. It’s also popular among practitioners who use it with clients – either pre- or post-treatment – and as a great stress buster for themselves and family.

Case studies from practitioner trials
Case studies from practitioner trials with more than 200 healthcare professionals have confirmed the FlexxiCore’s benefits with a broad range of health conditions. For example, one practitioner’s client had back problems after removal of a benign tumour. Given a pessimistic prognosis and with a list of debilitating symptoms, including constipation from prescribed painkillers, she was keen to try the FlexxiCore. After just 11 sessions, she reported relief of tension in the back, neck and shoulders, increased mobility, and better posture.

To find out more and watch a video, visit FlexxiCore.com, or call 08456120129 Email: info@EnergyForHealth.co.uk

Endnotes

The FlexxiCore in use