

Before using the Body Express Vibration Platform, you should consult your physician or health care professional to determine if it is right for your needs. This should be done particularly if you (or your family) have a history of high blood pressure or heart disease, experience chest pain when exercising, have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese or have bone/joint problems that could be made worse by a change in physical activity. Users who are pregnant should also consult with a health care provider prior to using the Body Express Vibration Platform. Do not use the Body Express Vibration Platform if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately.

The information above is not a substitute for, nor does it replace, professional medical advice, diagnosis or treatment. If you have any questions or concerns about your health, you should consult with a physician or other health care professional. Do not disregard, avoid or delay obtaining any medical/health related treatment or advice from your physician or health care professional based on something in this disclaimer.

New developments made in medical research may impact the health and fitness advice that appears here. There is no assurance that can be given that the advice contained in the site will always include the most recent and up-to-date findings or developments.

If you are a United States resident and believe you are having a medical or health emergency, call your health care professional, or 911, immediately.