



Shake Down

We were the first to wear retro legwarmers and camo thongs (not necessarily at the same time and, in retrospect, perhaps never again). We wouldn't miss FTV if our lives depended on it and we live for a glimpse into celebrity closets on *Entertainment Tonight*. Yep, we're fashion addicts. Staying ahead of the current-clothing curve is part of our persona, so we were highly distressed by the staying power of the skinny jean. It meant we would have to cave and buy a pair. And these jeans aren't for amateurs. They call for the **Power Plate**.

To successfully wear them, skinny jeans have three strict requirements: Thin legs, a small rump and negligible hips. Sadly, we have none of the above.

Gathering our resolve, we barged into **MédIME** to jiggle off our cellulite on Quebec's first **Power Plate** machine. This high-tech vibration gizmo is a powerful system used for getting rid of fat, increasing flexibility and toning our lazy muscles. (You can go during lunch time and wear your office clothes without sweating!)

And all we had to do was stand on the vibrating glass plate and do a series of exercises like squats and push ups. The vibrations make our muscles contract 60 times more often than normal in each 20-minute session (\$55 per session). We loved it, envisioning skinny jeans all the way.

Talk about your good vibrations.

MédIME Institut de Médecine Esthétique

www.medime.ca
114-6100 du Boisé
514-739-7444