

About

At Rise and Shine Wellness Center, we are dedicated to enhancing your overall wellbeing through our specialized services. Our innovative Shaker Plate Session is designed to promote improved bone and muscle health, ensuring your body stays strong and resilient. This unique session works wonders for circulation, providing essential nutrients to tissues and organs for optimal function. Additionally, our sessions have been shown to potentially and significantly decrease pain, offering you the relief you need to enjoy life to the fullest. Trust Rise and Shine Wellness Clinic to be your partner in achieving a healthier, pain-free lifestyle.

Contraindications

- Stress fractures/reactions
- Neuropathy
- Fibromyalgia
- Epilepsy
- Pregnancy
- Recent surgery or joint replacement
- Metal pins or plates
- Pacemakers

Aids in:

- Muscle contractions
- increased energy use
- Bone Wellness
- Post Workout Recovery



Rise & Shine
Wellness Center

Shaker Plate



We care

3731 Rainbow Drive Rainbow Dr. 35906
256.390.4877








riseandshinewellness.care

Benefits of Norm Tech





Life Changing sessions

Choose Us

Top Benefits of Using a Vibration Platform

1  Increase your Circulation	2  Maximize your Strength	3  Improve Bone Mineral Density	4  Boost Energy Expenditure During Workouts	5  Optimize Recovery
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How to Use Your Vibration Platform

1  Warm Up/ Cool Down	2  During Workouts	3  On Recovery Days	4  To Feel More Relaxed
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of the time



What is our satisfaction rate?
let us know.

Sessions

Session	Price	Duration
NormaTec	\$20	30 minutes

FDA Disclaimer: The statements made regarding this products have not been evaluated by the Food and Drug Administration. The efficacy of these products has not been confirmed by FDA-approved research. These products are not intended to diagnose, treat, cure or prevent any disease.

Why us?

Rise and Shine Wellness Center promotes whole body wellness. With our knowledgeable staff and advance technology you will find your total wellbeing in the right direction. Come, meet the staff today.

