

Physical Conditioning, including aerobic fitness, strength, and flexibility, are the most important factors associated with good health, well-being, delay in age related physical and mental decline, and freedom from disability.

The most important activity any of us can do to improve our physical and mental well-being, is some combination of exercise, physical training to increase strength and flexibility, and activities requiring movement through space.

Unfortunately, not everyone has the capacity to start and maintain a program of physical activity without help. EMS training is an excellent way to enhance training by more traditional means such as walking, running, weight training, and sports.

This simple, effective method stimulates muscles in a similar way to sport activity. In particular, it stimulates muscles similarly to high intensity training, which has been shown to be both safe and effective for patients, recreational athletes, and high-performance athletes alike. Well controlled research studies have shown increases in fitness, strength, and endurance with EMS training. The EMS method is especially well suited to older individuals wishing to increase their cardiovascular and physical health, even if they have not been active, after illness or injury, or wish to preserve and enhance their level of fitness.

Increasing your physical health is the best and simplest and safest way of adding happy, pain free, and satisfying years to your life.

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