

ALPINE
ACADEMY



OFFICIAL ATHLETIC RECOVERY PARTNER

Power Plate® announce official partnership with Alpine Academy

Official Athletic Recovery Partner

LONDON – February, 2021 – [Power Plate](#), the global leader in whole body vibration technology is proud to support Alpine Academy with targeted vibration products to help enhance drivers' performance and recovery.

Enabling the relaxation, rejuvenation and repair of tight and sore muscles, the products will support all Academy drivers and affiliates in their recovery process. Additional partner support will be offered in the form of wellbeing workshops and other joint training and development activities.

Power Plate's vibration-assisted technology reduces inflammation by increasing blood flow and lymphatic flush to ease pain, promote faster recovery of damaged muscles & tendons and improve joint mobility.

Mia Sharizman, Alpine Academy Director says – *"The Power Plate targeted vibration products will add a great benefit to the performance of our academy drivers, on and off the track.*

The drivers can use these recovery tools before and after their day-to-day training routines, aid in recovery from the physical demands of their racing categories and in their regular travel schedules to and from the races.

We are grateful of the support from Power Plate and the drivers are excited to incorporate these easy-to-use recovery tools into their routines and see the performance benefits."

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Iain Murray, Sales Director Power Plate UK adds - *"Partnering with Alpine Academy enables us to demonstrate the results our products deliver at an elite sports level, as well as in an everyday 'wellbeing at work' setting. We're delighted to be working with the whole of this first-class team."*

Recovery is becoming increasingly important in elite sports and high-performance settings in order to reduce fatigue and enhance performance. It is also gaining popularity as a key modality in every day fitness and wellness.

The right tools make all the difference and massage therapy via targeted vibration is a popular choice to help everyone move, feel and perform at their best.

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About Power Plate

Power Plate is owned, manufactured and distributed by Northbrook, Ill.-based Performance Health Systems LLC, a global company delivering advanced technology solutions through health and wellness equipment. Power Plate's whole body and targeted vibration training and therapy helps users feel better by stimulating natural reflexes, increasing muscle activation, and improving circulation. Power Plate delivers accelerated health, fitness and wellness results, whatever the fitness level or ability.

To learn more about Power Plate products, please visit [PowerPlate.co.uk](https://www.PowerPlate.co.uk) For the latest updates about Power Plate, follow [@PowerPlate](https://twitter.com/PowerPlate) on Twitter, [@PowerPlateuk](https://www.instagram.com/PowerPlateuk) on Instagram and [/PowerPlateuk](https://www.facebook.com/PowerPlateuk) on Facebook.

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About Alpine Academy

The Alpine Academy enters its seventh year in 2022 after three of the Academy's driver line-up graduated to the wider realms of motorsport at the end of last season.

The programme has grown from strength to strength each year since it was established in 2016. Its goal from the outset has been clear and remains so: for an Alpine Academy driver to be in Formula 1 and become world champion with the team.