

Power Plate UK named as finalist at ukactive Awards 2022

Power Plate has been shortlisted for the **“Developing & Supporting Communities following on from Covid-19”** award at this year’s ukactive Awards.

The organisation is in the running for one of the industry’s biggest accolades, as trade body ukactive recognises the very best in the physical activity sector.

Held in partnership with Active IQ, the shortlist for the ukactive Awards 2022 includes fitness and leisure operators of all sizes; local councils; prominent suppliers; leading universities; sports bodies; and charities.

Throughout the pandemic, Power Plate donated a number of products to Berkley Care Group, to support and improve the wellbeing of both residents and staff through encouragement of healthy movement. Key outcomes were tracked over a 12-week period to show how specific evidence-based physical activity connects to key health benefits as well as improving quality of life; independence, confidence and social interaction.

The winners will be announced at a glittering awards ceremony at the International Convention Centre in Birmingham on Thursday 30 June, with hundreds of leaders from the worlds of fitness, health, leisure and sport expected to attend.

Iain Murray, UK Sales Director said *“It has been heartwarming to learn that through the use of Power Plate some of the elderly residents that took part in the trial saw up to 85% improvement in mobility in a variety of exercises performed.”*

Huw Edwards, CEO of ukactive, said: *“We are delighted but not surprised by the number of incredible entries and stories we have received for this year’s ukactive Awards, which is testament to the unquestionable resilience and innovation within our sector.*

“We are extremely proud of all of our members, who have worked so hard in rebuilding the sector and our nation’s health following the challenges during the COVID-19 pandemic.

“Congratulations to all the finalists and we look forward to celebrating our industry at the awards ceremony this summer.”

Jenny Patrickson, Managing Director at Active IQ, said: *“I’m delighted to see this year’s awards attract such a strong field of entries and send my congratulations to all the finalists.*

“The standard has been very high once again this year and I would like to thank everyone who took the time and effort to put forward their entry for consideration.

“Active IQ is proud to once again be the headline sponsor for the ukactive Awards and we’re particularly looking forward to seeing everyone in person at this year’s event. Ahead of that, I wish all the finalists the best of luck for the next stage of judging.”

[Join us](#) at the ukactive Awards 2022 in Birmingham on Thursday 30 June.

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 For the latest updates about Power Plate, follow [@PowerPlate](#) on Twitter, [@PowerPlateuk](#) on Instagram and [/PowerPlateuk](#) on Facebook.