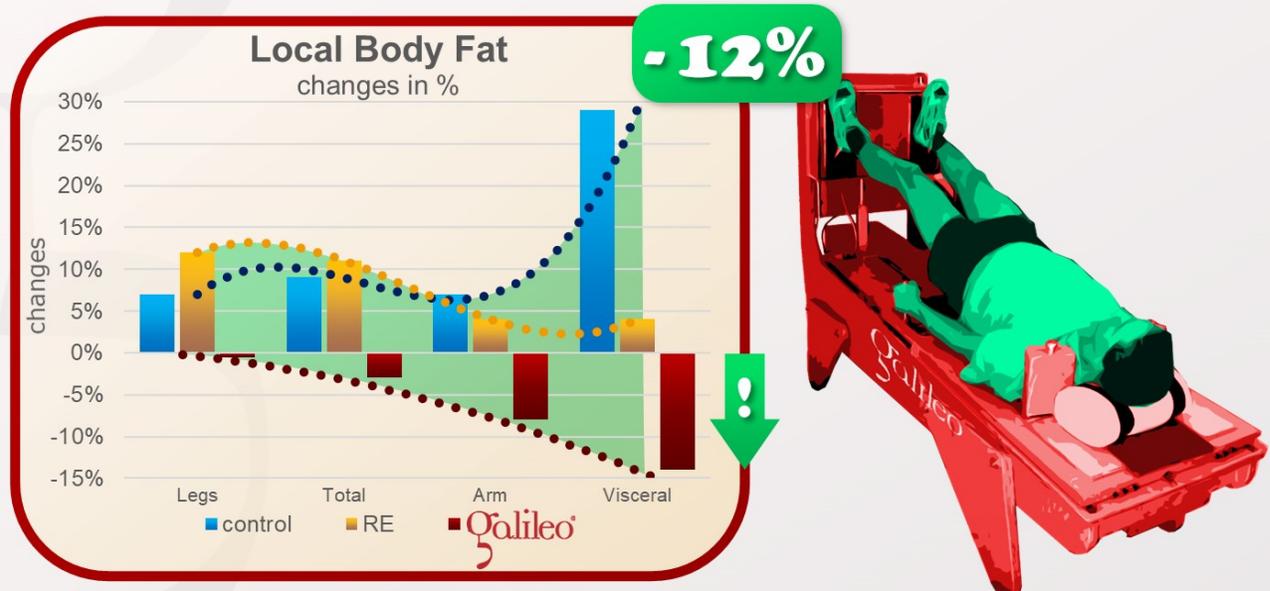


# Can 18 minutes Galileo Training per week reduce body fat ?

## The answer is: YES

During the 2<sup>nd</sup> Berlin Bedrest Study (BBR2) the participants had to stay in bed for 55 days. One control group did no training at all, the second one resistance exercises (RE) and the Galileo group did resistance training + vibration (24Hz, 6x1 min. to exhaustion, 3/week). While both control groups increased local body fat only the Galileo group was able to reduce local body fat by up to 12% with just 18 minutes Training per week.



Belavy DL, Mohlig M, Pfeiffer AF, Felsenberg D, Armbrecht G: Preferential deposition of visceral adipose tissue occurs due to physical inactivity.; Int J Obes (Lond), 38(11):1478-80, 2014; PMID: 24522244; GID: 3479

The 2nd Berlin Bedrest Study (# GRFS69, # GRFS68) investigated the influence of Galileo Training on the body composition and the local body fat percentage.

In the study, 55 days of strict bed rest for the two groups and with a third control group not performing any training and a strength training.

The Galileo group performed identical strength training with vibration but only 6 times 1 minute at 26Hz and only 3 times a week.

While the two control groups significantly increased their fat content locally, the Galileo Group reduced the local fat content by up to 12%.

It is important to note that all three groups share an identical, highly controlled diet - but only the Galileo group showed a reduction in the fat percentage, with only 18 minutes of training per week another proof of how effective and efficient Galileo training can be!



[Int J Obes \(Lond\)](#). 2014 Nov;38(11):1478-80. doi: 10.1038/ijo.2014.26. Epub 2014 Feb 13.

## **Preferential deposition of visceral adipose tissue occurs due to physical inactivity.**

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### **Abstract**

We hypothesised that strict inactivity (bed rest) would lead to regional differences in fat deposition.

Twenty-four male subjects underwent 60 d bed rest and remained inactive (n = 9), performed resistance exercise plus whole-body vibration (RVE; n = 7) or resistance exercise only (RE; n = 8).

Fat mass was assessed via dual X-ray absorptiometry. In the inactive subjects, fat deposition differed between body regions (P = 0.0005) with android region visceral adipose tissue increasing the most (+29% at the end of bed rest), followed by remainder of the trunk (from chin to the iliac crest; +10%) and the arms and legs (both +7%).

Insulin sensitivity reduced in the inactive subjects at the end of bed rest (P = 0.036).

RE did not have a significant impact on regional fat mass changes (P ≥ 0.055).

In RVE, increases in visceral adipose tissue (-14%; P = 0.028 vs inactive subjects) and in the arms (arms -8%, P = 0.011 vs inactive) were not seen.

We conclude that inactivity leads to a preferential increase in visceral adipose tissue.

PMID: 24522244

