Power Plate® Launches The RESET Collection to Support Millions Using GLP-1 Medications

CHICAGO, IL, UNITED STATES, September 15, 2026 / EINPresswire.com/ -- Power Plate®, the global leader in whole body vibration technology, today announced the launch of its RESET Collection — Re-Build, Re-Energize, and Re-Focus — a suite of structured, science-backed training programs designed to address the physical and cognitive challenges increasingly associated with GLP-1 medications and other life conditions affecting functional health.



Power Plate's RESET programs target functional health issues

With more than 70 million Americans projected to be prescribed GLP-1 drugs over the next decade, experts warn that rapid weight loss often comes with muscle loss, bone density reduction, fatigue, and decreased functional capacity. Power Plate's new RESET Collection directly target these functional health issues using proven vibration-based neuromuscular stimulation — a modality already widely used across medical, performance, and recovery environments.

"GLP-1 medications are changing lives, but they also create real physiological gaps," said Will Febbo, CEO of Performance Health Systems, owners of Power Plate. "People need structured, accessible programs that protect muscle, strengthen bone, improve metabolic resilience, and keep them mentally sharp. Power Plate is uniquely equipped to fill that gap — and to help individuals, gyms, clinics, and health professionals do the same."

The RESET lineup is built around three targeted 4-week protocols that integrate whole-body vibration with functional training principles. Each is designed to elevate outcomes for those using GLP-1 medications and also those navigating menopause, aging actively, recovering from injury, or managing chronic stress and fatigue.

Re-Build supports muscle and bone health at a time when many GLP-1 users are losing both; Re-Energize helps restore movement quality and reduce pain; and Re-Focus sharpens cognitive performance and daily energy. Designed to work individually or as an integrated system, the

RESET Collection gives users an accessible, science-backed framework to support the whole person — body and mind — through every stage of their health journey.

Power Plate's whole body vibration technology has long been used in settings such as Mayo Clinic, the National Institutes of Health, pro sports teams, and active aging centers. Its benefits — rapid neuromuscular activation, increased circulation, improved recovery, enhanced bone loading — align directly with the needs of people using GLP-1 medications.

With the rise of GLP-1 medications reshaping behavior, appetite, and metabolic function, fitness and wellness professionals play a critical role in protecting long-term functional health. Power Plate's RESET Collection arrives at the perfect moment — empowering health and wellness providers to meet this growing demand with confidence.

"Our goal is to make sure people don't just lose weight — they gain health," said Steve Powell, Director of Training and Education at Power Plate. "Movement is medicine, and Power Plate amplifies that medicine in ways traditional training cannot."

The programs are now available on the Power Plate app and Power Plate YouTube channel.

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About Power Plate

First established in 1999, Power Plate is owned, manufactured and distributed by Performance Health Systems LLC, a global company delivering advanced technology solutions across fitness, wellness and healthcare environments.

Power Plate utilizes proprietary vibration technology to enhance movement, supporting strength, circulation, neuromuscular activation and recovery. Its solutions are used by leading health clubs, wellness providers, professional athletes and medical practitioners in more than 120 countries.

Learn more at powerplate.com.

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