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## Workouts Power (Plate) off the pounds

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**Body:** Mia Sylvestre, 28, 5-feet-4, 144 pounds, trainer at Myra & Company in South Miami.

**Her passion:** The Power Plate, a new workout machine that uses whole-body vibration to contract muscles 30 to 50 times per second. (The continual vibration causes you to tense and relax your muscles to keep your balance.)

**How it works:** "It's from Switzerland and it's been in the United States only three years. Think of an earthquake happening and your body constantly trying to stabilize. In 30 seconds, your muscles contract 800 times. Different positions -- some static, some dynamic -- target different muscles. . . . It's good for weight loss, toning, increasing bone density. And it's good for all ages."

**Her story:** 'I've lost a total of 97 pounds in three years. I used to weigh 240 pounds. I was working as the front desk girl at Lady of America in South Dade. One of the ladies came into the gym and said, 'In this business, you should be a little more fit.' It was like a reality check. I thought, 'How can I be a person passing out fliers and getting people to join a gym and not do anything to be fit?' A trainer told me she'd help me become a trainer and I could do a class, so I did a boot camp at her house in South Dade to get in shape and I got certified through NPT. . . . As soon as I got into working out, the endorphins went up. I thought, 'I like this.' I lost most of my weight through cardio vascular, but Power Plate has helped me stay tight. I did lose 18 pounds from Power Plate in three months.'

**Why she likes it:** "It increases intensity and decreases the time of workouts, so people who don't have time and want to do something are able to get in, get it done and see results. A lack of results is why people stop exercising. "

**Her workouts:** "I'm a freak when it comes to working out. I do two to three hours of working out per day between my own Power Plate workouts, some cardio vascular, some weight training and teaching classes. I'll do Power Plate two or three times per week for 30 minutes. I'll do cardio on it like push ups, leg shuffles, different things to get your heart rate up. I also use free weights on it, doing alternative lunges on the Plate with 10-pound hand weights or squats with weights or bicep curls with weights."

**Diet:** 'I don't believe in dieting, first of all. It's a lifestyle change. I've lowered my carbs. I don't do pasta or rice. I'm Haitian and my mom makes rice and beans, but if she wants me to come over, she'll make a salad. I'm now the fitness person. I used to be the overweight person. I'd get, 'You have the pretty face, Mia, if only you'd lose the weight.' I hated hearing that. Now I eat five to six small meals a day. I'll do chicken, fish, nuts, sometimes oatmeal in the morning with chocolate protein. That's my morning dessert. I drink a lot of water. I don't do juices.'

**Next challenge:** "My next goal is to do a competition, the WTF, the Women's Tri-Fitness, a national competition with categories in swimsuit, obstacle, strength and dance. For me, who was once 240 pounds, to be walking with girls in a bikini is huge. It's just about the walk and feeling like a fitness queen. It's in Las Vegas and will be on ESPN July 9-12. I'm super pumped."

**Getting ready:** "I'm doing a little running for the contest, but a lot more weight training and a lot of Power Plate. If you do too much running, you lose all your muscle. Although running is the best way to lose everything, it's not good for competition. I'll do some sprinting."

## **BODY BY YOU**

Young. Old. We'd love to hear about how you get in shape. Send your story to [jmailander@ MiamiHerald.com](mailto:jmailander@MiamiHerald.com).

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