

## **TV Advertised Electrical Stimulator Exercise Programs A Sham**

Have you seen those ads showing shapely bodies, trim waistlines and well developed muscles? Those of us in the healthcare and fitness fields already know that Electrical stimulation is effective for treating injuries, or for muscle weakness and wasting after a surgery. Such a device has been exaggerated to substitute for exercise and diet in healthy individuals. A Scientific study published in "The Journal of Strength & Conditioning Research", May 2002, Volume 16, number 2 disproved. In short, researchers looked at effects of devices (per manufacturers protocol) on Body fat, muscle strength, muscle tone, and weight loss. The study concluded the electrical stimulation devices advertised, when used as recommended by the manufacturer's guidelines, did not positively affect any of the fore mentioned variables. Furthermore, what is advertised as a "quick and easy" workout, typically took 45 minutes. The bottom line: there is no substitute for exercise and proper diet!