



# GLOBAL NEUROMUSCULAR ACTIVATION TECHNOLOGY (GNAT)

## How It Works

The integration of the G-NAT™ MultiForce™ system will activate muscles you didn't know you had. The body will learn new movements and how to flow naturally and effortlessly through them, improving balance and reaction time. Imagine being able to teach your body exactly what your brain is telling it to do, by maintaining equilibrium and having more control over your extremities

## How Will It Help?

Benefits of this system are countless, but just to name a few:

- Involuntary motor muscle activation throughout the entire body
- More engaged muscles leads to more efficient glucose and fat store burning
- Joint and balance stability
- Less time spent working out- 15-30 minutes is all you need!
- Activates sympathetic nervous system by preventing a state of equilibrium

## Who Can Use GNAT?

G-NAT™ products can be seamlessly implemented into many different environments without any sacrifice of benefits and performance. Because the science is based upon the actual mechanics and physiology of the body, it is the individual's body and physiology that dictates the function of the products. It can equally deliver results to a de-conditioned or injured person as it would to the extreme athlete, and everyone in between.

Please download the Benchmark Medical Group App for a list of fitness classes or contact our front desk for more information and pricing