

## **Benefits of Rebounding/ Exercise on a Mini Trampoline**

The benefits of using a mini trampoline as part of a healthy lifestyle include:

- 68% more efficient than jogging (NASA, Journal of Applied Physiology 49(5): 881-887)
- Fights fatigue by strengthening the glandular system to increase the capabilities of the thyroid gland, the pituitary gland and the adrenals.
- Rebounding has a natural analgesic effect on the body which helps to relieve joints and pain in the neck, back, and head through the increase of circulation and oxygen flow.
- Conditions and strengthens the heart which allows the resting heart to beat less often. This in turn sends a stronger surge of blood through the veins.
- It provides an extremely effective 'no impact' exercise - especially important for those with less mobility or undergoing rehabilitation.
- Rebounding has been found to lower elevated cholesterol and triglyceride levels.
- It increases metabolism which assists the body in burning more calories.
- One of the primary causes of aging is the declining performance of the heart and circulatory system. Rebounding is incredibly effective in increasing the performance of both the heart and the circulatory system and thus slows the aging process.
- Rebounding specifically stimulates the flow of lymph fluid through the lymphatic system. The change in gravitational forces allows for greater blood flow and this increases the amount of waste and toxins flushed from the body. Rebounding can increase lymph flow by up to 15%!
- Rebounding has also been found to enhance digestion, relaxation, sleep patterns, nerve impulses and muscle fiber.

– Blood pressure can be significantly reduced by rebounding. This is achieved by boosting the muscle tone of the middle arterial muscles and the improvements to the circulatory system.

### **Who Can Use a Mini Trampoline / Rebounder?**

Rebounders are suitable for everyone – in fact, this is one of the reasons why rebounders are such sound investments! The whole family is able to benefit from rebounding, from toddlers to grandparents. Many rebounders come with stabilisers which can help when you first start rebounding or if you are rebounding as part of a course of physiotherapy.

### **Starting Out on a Mini Trampoline / Rebounder**

It is really easy to start rebounding on a mini trampoline. No particular specific instructions or courses are required and most rebounders come with ample guidance and often supporting exercise videos.

As a rough guide, start by testing the water with small steps and bounces. Once you feel more comfortable you can enable your body to bounce higher and higher away from the mat. If you are beginning a new fitness regime with a rebounder it is important not to overdo it on your first few sessions. Start with light rebounding for 4–5 minutes and slowly build up your time.

### **Buying a Rebounder / Mini Trampoline**

Energise for Life offer a number of different rebounders and rebounding equipment to suit every price range and level of expertise. If there is any product or brand that you do not see here, please feel free to contact us.