

Benefits of Rebounding

Some of the Benefits of Rebounding: What Can Rebounding Do For You?

Rebounding is a form of exercise that...

- * reduces body fat
- * increases circulation
- * increases mental acuity
- * can help children with learning disabilities
- * firms legs, thighs, abdomen, arms and hips
- * increases metabolism
- * improves sense of balance
- * increases agility
- * strengthens the muscles, including the heart
- * reduces incontinence and improves bladder control
- * eliminates stress to the joints
- * improves arthritis
- * stimulates and strengthens lymphatic system/immune system
- * helps eliminate varicose veins by strengthening the walls of veins

Calories burned

Researchers at the University of Kentucky, in conjunction with NASA, concluded "the magnitude of the biomechanical stimuli is greater with jumping on a trampoline than with running." An average of 5 to 12 calories are burned per minute, depending on the intensity of your rebounding. For example, a 150-pound person spending one hour on a rebounder will burn about 410 calories; the same person jogging for one hour will burn only 355 calories. Not to mention, rebounding has the benefit of reduced stress on your joints.

Welcome to Champion ReboundingDr. Robert G. Frost sums up the benefits of rebounding: "It improves the performance of the heart, lungs and lymphatic system. It improves circulation and muscle tone and challenges the skeletal muscles to increase stamina without any of the jarring associated with other aerobic activities. Gravity-plus rebounding is the single most efficient way to improve health. No other exercise can match it."

Tests at the University of California in Los Angeles have shown that regular bouncing increases the efficiency of the lymphatic fluid flow

along the collecting vessels. As Dr. Frost explains: "The lymph system cleanses out toxic waste and health threatening bacteria. So we have an effect not just on the heart and circulation– any aerobic system can do that. What bouncing does is improve the body's own immunological system.

Osteoporosis

Bones become stronger when stressed by exercise. Astronauts who went to the moon lost 15% of their bone density in just 14 days because there was no gravitational pull to positively stress their bones. Rebounding increases the gravitational pull that stresses the bone cells to make them stronger without the damaging shock to the joints.

Arthritis

When arthritis develops in a joint, it is important to maintain movement that squeezes old fluid out and new fluid in. A lack of movement causes white blood cells to become trapped and spew out toxins that kill cells on the synovial lining of the joint. Rebounding allows white blood cells to travel to an inflamed site, fight the inflammation, get rid of the toxins and repeat the cycle.

Incontinence

This occurs when the sphincter muscle on the bladder becomes weak and causes a person to lose bladder control. Rebounding exercise, since it is cellular in nature, can strengthen both the cells of the sphincter and bladder, improving the quality of life for many people.

Benefits for Children with Learning Disabilities

Rebounding has been used as part of a therapy for children with learning disabilities such as attention deficit disorder (ADD) and autism. Alfhild Akselsen, Ph.D., founder of the Texas Association of Children with Learning Disabilities, based in Austin, sees a lack of mind/body coordination as the underlying problem for many of these children.

"Learning-disabled children have extremely poor coordination, balance, and rhythm," says Dr. Akselsen. "The usual difficulty bringing on a lack of coordination is that one side of the body is not working." She uses rebounding as part of her therapy to teach the

child's mind and body to communicate more effectively, and to help the children develop muscle control and improve coordination. For children with these conditions, the main problem is neuromuscular dysfunction, not reduced intelligence, says Dr. Akselsen. She uses exercises, rebounding, deep nerve and light sensory massage, nutrition, and neuromuscular training to teach the child's body to respond to the brain's output. She uses various testing exercises to build neuromuscular coordination. One exercise with the rebounder has children bounce with their eyes focused on a fixed point; this helps improve their visual coordination. In another, children hop on one foot and then the other while on the rebounder to develop their sense of balance. Rebounding has been part of Dr. Akselsen's therapy for learning-disabled children for many years and she contends that even healthy children should begin rebounding routinely at preschool age. "When you are rebounding, you are moving and exercising every brain cell just as you are exercising each of the other body cells," contends Dr. Akselsen. "Toxic heavy metals are leached out of these brain cells to free up the neurons to work more effectively. Rebounding has you work from the outside, from the nerve endings in toward the brain."

Dr. Akselsen has seen some remarkable results from her rebounding therapy. Children, who had been unable to express themselves during their first 15 years of life, having a vocabulary of only a few words, were able, after a month or two of therapy, to speak in complete sentences and express their thoughts. "When the physical defect is corrected, the mental defect is also corrected," concludes Dr. Akselsen.

Dr. James R. White, author of *Jump For Joy*, states "Rebounding is an excellent method of weight control because you can burn off between 5 to 12 calories per minute and if you follow a 30 to 40 minute per day program, you can easily lose 27 pounds per year". And you can lose even more with an appropriate diet and rebounding exercise combined.

Rebounding is called the "cellular exercise". Al Carter, the "father" of rebounding exercises, states that "the structural strength of the cell membrane is directly related to the environmental stresses placed upon the cells. At low G's (Gravity), the membrane becomes weak. At high G's, the cells become stronger." Rebounding increases the G force, which strengthens every cell in the body.