



Why Rebounding?

Rebounding is the most effective and efficient exercise to boost the health and wellbeing of your body and mind. It has been proven to be 38% more efficient than jogging. Best of all, it's fun...So get jumping!

1

□ Whereas most exercise works by applying weight to specific muscles or groups of muscles, rebounding increases weight on every cell. A 10 minute a day program applies an increase of weight on every cell of your body nearly 100 times each minute. Every muscle, bone, connective tissue, ligament, tendon, even the collagen and the skin. As a result the entire body starts to tone and firm up.

2

□ Rebounding uses vertical movement like weight lifting, push-ups, pulls-ups or sit-ups in a repetitive up and down motion. However, these conventional forms of exercise target and isolate specific muscles or muscle groups. It's very time consuming and often tears down the body to build it up. Rebounding flexes ALL 75 TRILLION CELLS at the same time! Even better, it requires only 10 minutes a day!

3

□ Cells expand and contract through this up-and-down movement on the rebounder. This creates a cellular massage to increase circulation, break up blockages, open blood vessels, improve lymphatic drainage and strengthens the cell membrane. Strong cells are more resistant to viruses and bacteria. During rebounding, all 75 trillion cells flex nearly 100 times per minute, cell by cell, strengthening the body from the inside out.

Rebounding exercise is the closest thing to the Fountain of Youth that science has discovered. We found that jumping on good rebounding equipment is effective in improving the symptoms of over 80% of the patients reporting to our rehabilitation lab.
Dr. James White, U.C.S.D.

But wait...there's more!

Dr. Morton Walker, author of *Jumping for Health*, lists amazing benefits to Rebounding:

1. Increases your balance and coordination.
2. Lessens your chances of cardiovascular disease.
3. Increases your production of red blood cells.
4. Aids in lymphatic circulation.
5. Strengthens your heart and other body muscles.
6. Lowers your resting heart rate.
7. Lowers your cholesterol and triglyceride levels.
8. Stimulates your metabolism.
9. Improves your vision.
10. Promotes your body's growth and repair.
11. Increases your breathing capacity.
12. Circulates more oxygen to your tissues.
13. Tones your glandular system, especially the output of your thyroid.
14. Expands your body's capacity for fuel storage and endurance.
15. Increases your muscular vigor and the tone of your muscle fiber.
16. Reduces your headaches, back pains, and other aches.
17. Improves your digestion and elimination.
18. Allows for deeper and easier sleep and relaxation.
19. Stimulates better mental performance, with keener learning processes.
20. Lessens fatigue and menstrual discomfort for women.
21. Improves your immune system.
22. Tends to slow down your aging process by stimulating each cell.
23. Reduces your chances of obesity.