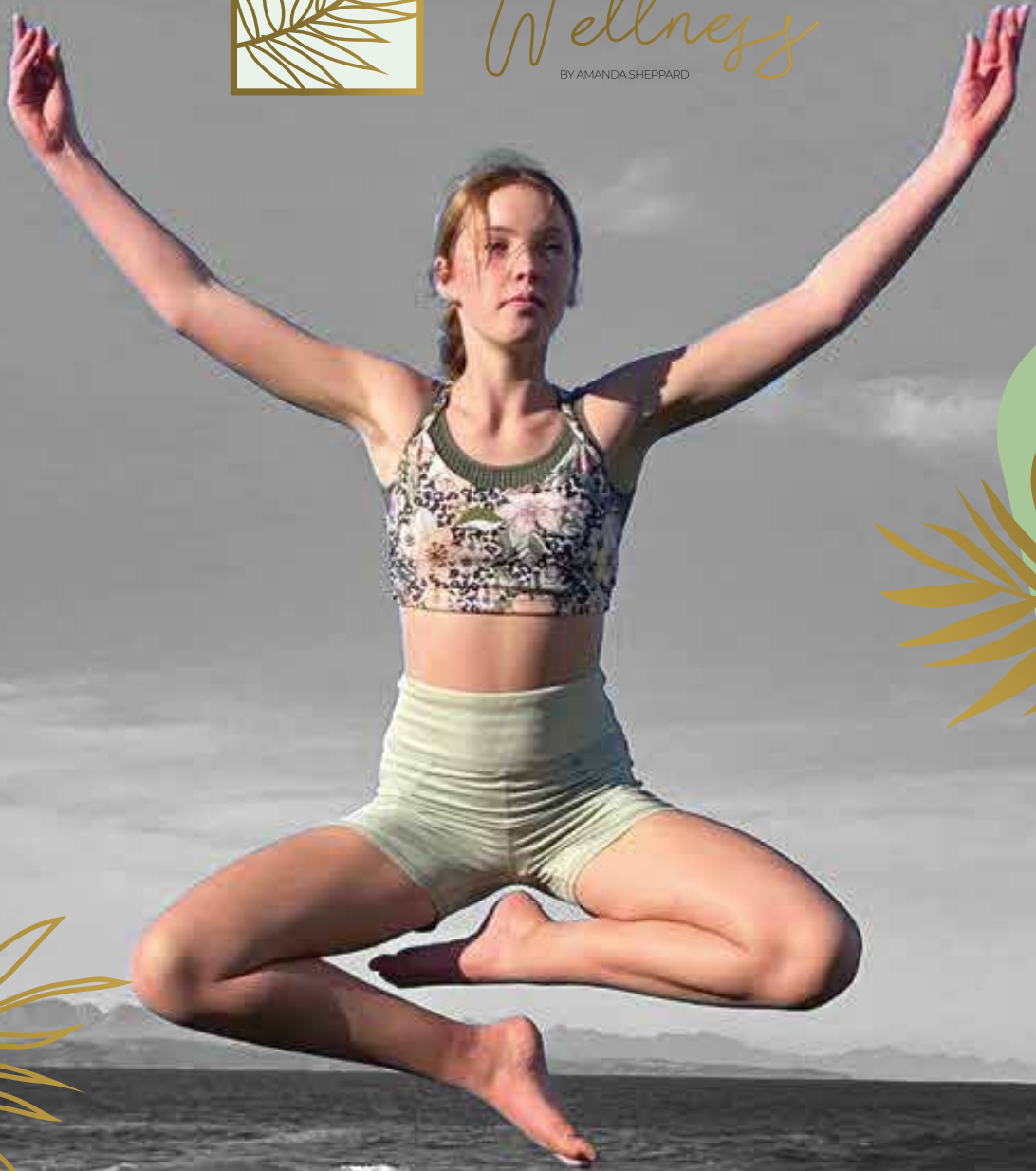
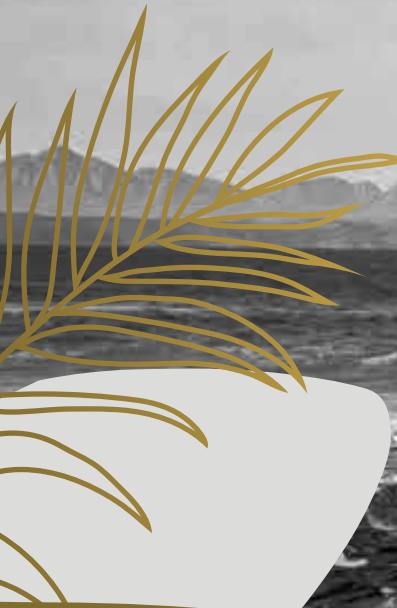




PATH TO *Wellness*

BY AMANDA SHEPPARD



Rebound

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Rebounding by Amanda Sheppard

Rebounding has recently taken the world by storm as the latest aerobic workout. It helps tone your physique, boost your endurance and strengthen bones. It has gained popularity because it is gentle on the joints yet allows you a full-body workout without exhausting your body.

Rebounding is now used by trained professionals like astronauts, pilots, navy and army members to deal with zero gravity.

Exercising on a rebounder strengthens their body and amplifies their bone mass.

When you begin jumping, every single cell in the body is exercised simultaneously. It enhances your core power and body muscle coordination, strengthens the body cells, detoxifies the body, boosts your immunity, and helps the lymphatic system, often neglected by other forms of exercise and sport.

The benefits of rebounding are endless and include better posture and balance, improved mobility, reduced fear of falling, the fewer chance of developing osteoporosis, which stimulates the thyroid and lymphatic system.

Rebounding is ideally suited to confined spaces.

Although low impact, it does not lack intensity and covers every part of your body, allowing you to work up a sweat in just 30 minutes. Just ten minutes, and I was out of breath.

N.A.S.A. research shows that just 10 minutes of rebounding is equal to 30 minutes of jogging.

Jump on a rebounder, and not a single cell in your body can avoid the G-forces bearing down on it by the gravitational pull. During rebound exercise:

- ✿ Every muscle
- ✿ Every bone
- ✿ Every organ; your brain, heart, skin, eyes, etc.
- ✿ Indeed, every single one of your 70 trillion cells is being exercised at the same time.

This is why N.A.S.A. has been quoted as saying that, "Rebound exercise is the most efficient, effective form of exercise yet devised by man."

Rebounding offers a multitude of benefits. Working the entire body keeps it strong and toned, flushes out toxins, enhances motor skills, provides mental release, which helps relieve anxiety. It is an excellent workout for the core, legs, glutes and back muscles, improves balance and coordination.

Notes on Rebounding

I love rebounding, and although I am still finding my feet concerning time management (my downfall), you can easily fit 10+ minutes into your day. All you need is the correct gym top, and you're ready to rock & roll. Jump while watching T.V. or for me while my husband is braaiing.

A few tips:

Go to the toilet before you start jumping! Don't drink too much fluids or eat before you start your rebounding exercises. Try and keep your tummy sucked in (I know this is difficult, I must constantly remind myself throughout the workout to suck up and such in). It helps keep your body strong.

I enjoy rebounding with Fayth Caruso at BeFit on YouTube. She offers various workouts.

If you are interested in purchasing a rebounder, click here.

<https://www.path2wellness.co.za/product-category/exercise/rebounder/>

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