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| **40 WAYS THE BODY RESPONDS TO REBOUNDING** | | |
| **Exercises** and strengthens muscle fibre in EVERY part of your body (including eyes, ears, heart, major organs, skin etc).  **Minimizes** incurrence of colds, allergies, digestive disturbances, and abdominal problems.  **Boosts** Energy levels - and keeps energy levels up during the day.  **Boosts** Lymphatic circulation by stimulating the millions of one-way valves in the lymphatic system. (This system acts as your body's internal vacuum cleaner).  **Tones** the glandular system to increase the output of the thyroid gland, the pituitary gland and the adrenals.  **Detoxes** the whole body and assists the body in attaining peak cell function.  **Strengthens** the musculoskeletal system - via the G-Force (gravitational load) of each bounce.  **Decreases** the possibility of illness and disease - provides a good form of long-term health insurance against chronic and acute conditions  **Oxygenates** all the tissues - and where there is oxygen there cannot be disease.  **Establishes** better equilibrium between oxygen required by the tissues and oxygen made available.  **Increases** capacity for respiration. Breathing is controlled by changes in the volume of the chest cavity brought about mainly by muscular movements of the diaphragm. Repeated rebounding exercise accomplishes more muscle movements of the diaphragm with the consequent chest expansion.  **Enhances** nutrient absorption, digestion and elimination processes.  **Improves** the quality of relaxation and sleep.  **Improves** the ability to concentrate, focus and solve problems.  **Helps** manage body composition and improves resting metabolic rate so that more calories are burned for hours after exercise.  **Expands** the capacity for fuel storage, increases the mitochondria count within the muscle cells, essential for endurance.  **Adds** to the alkaline reserve of the body, which may be of significance in an emergency requiring prolonged effort.  **Eases** menstrual discomfort for women.  **Assists** with weight problems.  **Tones and firms** the body - at the bottom of each bounce, your body weighs double (even the clothes and shoes you’re wearing) and this continuous acceleration and deceleration works on ALL muscle groups. Protects joints from the chronic fatigue and impact delivered by exercising on hard surfaces.  **Lowers** circulating cholesterol and triglyceride levels.  **Lowers** pulse rate and blood pressure.  **Lessens** the time during which blood pressure remains abnormal after severe activity.  **Lowers** low-density lipoprotein (bad) in the blood and increases high-density lipoprotein (good) holding off the incidence of coronary artery disease.  **Helps** fluid move easily within the body, thus helping muscle performance and lightening the load required of the heart.  **Decreases** the volume of blood pooling in the veins of the cardiovascular system preventing chronic oedema.  **Improves** circulation and encourages collateral circulation (the formation of new branch blood vessels that distribute blood to the heart) by increasing the capillary count in the muscles and decreasing the distance between the capillaries and the target cells.  **Allows** the resting heart to beat less often. Each beat becomes more powerful and sends out a greater surge of blood around the body to nourish its 60 trillion cells.  **Reduces** the height to which the arterial pressures rise during exertion.  **Assists** in the rehabilitation of a heart problem.  **Boosts** red blood cells - by increasing the functional activity of the red bone marrow in the production of red blood cells. The red blood cells carry oxygen and nutrients to the tissues of the body and also help remove carbon dioxide from them.  **Promotes** tissue repair and tends to slow down atrophy in the aging process: Rebounding can actually reverse, prevent or diminish the hardening of the arteries. By conquering this ultimate pathology, you will keep your mind alert, skin smooth, skeleton flexible, libido intact, kidneys functioning, blood circulating, liver detoxifying, enzyme systems alive, hold memory intact, and avoid all systems of the aging process.  **Promotes** body growth. Growth of the long bones is especially stimulated by rebounding due to the stimulating effect of the pituitary gland, which produces growth hormone.  **Offers** relief from neck and back pains and headaches.  **Improves** coordination between the propreoceptors in the joints, the transmission of nerve impulses to and from the brain, transmission of nerve impulses and responsiveness of the muscle fibres.  **Improves** Balance - by improving responsiveness to the vestibular apparatus within the inner ear, thus improving balance.  **Stabilizes** the nervous system - resulting in and increased resistance to environmental, physical, emotional and mental stress.  **And Most Importantly** - Rebounding has longevity because it is easy to commit to as it is HIGHLY ENJOYABLE, time efficient - and leaves you feeling de-stressed, invigorated and ENERGISED!!!  People who rebound find they are able to **work longer, sleep better, and feel less tense** and nervous.  The effect is not just psychological because the action of bouncing up and down against gravity, without trauma to the musculoskeletal system, is **one of the most beneficial aerobic exercises ever developed.** | | |
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| **HOW DOES THIS ‘MIRACLE’ EXERCISE WORK?** | | |
| **Rebounding WORKS with gravity.**  Imagine standing on a solid floor and bouncing in the same place for 20 minutes. This could be a phenomenal fitness workout - but you would be exhausted (even after 5 minutes because this is more strenuous than running) and the jarring impact would damage your joints and probably leave you with a very sore back and a headache.   Doing this on a **rebounder** however, is a COMPLETELY different story.   **'Bouncing' from a Physical Aspect ...**  The canvas and springs absorb 87% of the impact - and ASSIST in helping you spring back up again. You might imagine that this could be non-beneficial because you are effectively being “helped” to bounce by the springs. On the contrary. Both Albert Einstein and NASA found that the **cells don’t recognise this assistance, they only recognise the “double-impact”** of your weight at the lowest point of each bounce (You and your clothes weigh double at this point). | | |
| |  |  | | --- | --- | | Rebound South Africa - Get Fit - Tone Up - Lose Weight - Gain Health - Maintain Vitality | Furthermore, the G-Force on the proceeding smooth “ascend” of the bounce offers immeasurable benefits to the cells of the body (remember, you are pulling away from, and resisting one of the most powerful forces in our universe).  Then, when you are on the “top” of the bounce - your body and all your cells are momentarily weightless (there is no pull at all - your cells are in rested limbo).   Less than ½ a second later, they are experiencing DOUBLE gravity.  The result; each and every cell in your body is being gently “squeezed” 100 times a minute. This flushes toxins out - and lets nutrients in.   **'Bouncing' from a** **Psychological Aspect ...**  “Bouncing” is universally regarded as a positive thing. We “Bounce with Joy”, and healthy babies are “bouncing babies”. We bounce babies to calm them - and bounce around when we hear good news. Watch a child bouncing on a bed (or try it yourself), and you’ll see that they **immediately smile or start to laugh.** | | | |
| •  **When we bounce, we cannot help but feel a sense of euphoria.** •  It just feels good, especially if the surface is a smooth “bouncy” one. •  We feel happy and our bodies relax naturally.  Medical science has proven that when we feel relaxed and happy, our bodies create **powerful** but **natural chemicals**. These chemicals **boost our immune system**, positively affect our DNA and are capable of erasing pain and eliminating illness - from everyday ailments to dread and serious conditions. These good chemicals also stay in the system for many hours to help keep us feeling positive and happy.  Add oxygen (from deeper breathing while bouncing) to the equation, plus the fact that you KNOW you’re doing something positive for yourself - and you’ll see that the Psychological effects alone offer benefits to make bouncing essential.    **'Bouncing' from an** **Energetic Aspect ...**  When an object moves within a magnetic field - it generates electricity.  Dr. C Samuel West discovered that by jumping on a trampoline in the Earths magnetic field, your body generates bioelectricity (internal body electricity).  •  Your body therefore becomes electrically energised. •  Every part of the body uses bio-electricity to function - and the cells of the body produce this electricity.   If this function is compromised due to cellular damage, oxygen deficiency, or toxification - the body’s energy potential wanes. Rebounding is like jump-starting the cellular batteries - which gives energy (life) back to all parts of the body.  From a “mental energy” point of view, the brain is very much part of this Bio-electricity process - and when the brain is energised, it has a far greater potential for thinking clearly, solving problems and being creative. | | |