

The use of a rebounder three to four times a week for a 30-minute session can help to improve the flow of lymphatic fluid throughout your body. When you are moving, your lymphatic fluid is moving, so bouncing up and down on a rebounder encourages lymphatic fluids to move through your body to clean out toxins and to improve your immunological functioning.

The user of a rebounder on a regular basis also increases your metabolic processes, increases your calorie burning capabilities.

This form of exercise is also easy on the joints and offers an excellent low-impact method for working out.

Finally, the use of a rebounder can improve heart functioning, reduce your resting heart rate and improve your circulatory processes too.

*Not only is our new mini rebounder going to improve your child's health, at the same time as being fun, but it also has the added safety factor of the detachable handle to give you that piece of mind when your child is using it – but please note that when your child goes to bed, this is not your toy to play on !!!!!*

### **Whatever our age, who does not enjoy jumping up and down on a trampoline?????????**

What the doctors say about rebounding :

- The most unusual benefits of exercising on a trampoline is its effect on the lymphatic system. The lymph system rids the body of toxins & dead cells. It is also tied in to the immune system. Bouncing on a trampoline increases lymphatic drainage helping your body get rid of toxins, trapped protein, bacteria, viruses, and other wastes and hence helps to increase the effectiveness of your body's immune system  
***So, no crazy elimination diets required here, as something as simple as rebounding helps rid your body of those toxins whilst you have fun***
- Rebounding on a trampoline improves coordination & balance. NASA trainee astronauts use trampoline exercises to develop the skills that require concentration while bouncing, balancing, maintaining the body's position, and anticipating the next action
- Rebounding is low impact and strengthens each and every muscle, organ, tissue and cell in the body, and this will keep you healthier, stronger and help avoid disease  
***As it is low impact, it enables everyone can do it, including disabled children and the elderly***
- Rebounding strengthens bones, and it is highly recommended if you suffer from, or have a high risk of getting Osteoporosis
- You will also be able to exercise your whole body in one session, not just parts. One exercise fits all!
- Mini trampoline exercise helps to lower cholesterol and it will also reduce stress and tension
- All that bouncing will actually improve your muscle tone. Trampolines and rebounders increase your muscles' strength & fitness in every conceivable way possible
- Rebounding boosts energy, sometimes immediately, due to the specific benefits of exercising on a trampoline
- Benefits of exercise on a trampoline are especially marked for mental health. Trampolining will make you feel happier, more positive and more self confident. This is partly due to a release of endorphins, the positive mood-lifting natural chemicals released by exercise. Also, who wouldn't be smiling while jumping on a trampoline?
- Children suffering from **autism** have also benefited from exercising on trampolines. Jumping and balancing on a trampoline helps integrate the body's different sensory systems. Including others in trampolining provides much needed social benefits
- Trampolining really hits the beauty muscles like the stomach and legs. This helps you keep your belly tight, butt & thighs toned  
***So important as this is a fun way to help to eliminate the onset of early childhood obesity problems***
- In just 20 to 30 minutes, exercising on a mini trampoline can do more than an hour on a stationary bike
- You can do trampoline exercises when & where you want. No gyms. No gawkers
- Finally, mini trampolines are a much cheaper option to paying expensive gym membership fees

**FINALLY**  
**They are FUN**

