

## Rebounding Your Way To Better Fitness

(NAPS)—The COVID-19 pandemic has not only resulted in more people working out at home, it has underscored the tremendous value of regular exercise in staying healthy and boosting your immune system. If you're looking to start exercising or want to add some variety to your fitness routine, now may be a great time to try rebounding, where you bounce on a mini-trampoline to build stamina, burn calories and shape up.

### What is Rebounding?

Rebounding is a low-impact, high-intensity exercise on a fitness trampoline with elastic cords. It's intuitive, gentle on the joints and, users say, a whole lot of fun. From different ways to jump, to strength and balance work, to flexibility moves, exercisers enjoy the ease, rhythm and freedom of rebounding, along with energizing music that drives workouts and helps endorphins flow.

"We perform workouts to the beat of the music, which allows people to get out of their minds and focus on their bodies and movement," explains Jacey Lambros, co-owner of Jane DO, a fitness brand with four studios in the greater New York City region. "Our trampoline class is a total-body workout designed to lift both the body and the spirit."

### Benefits of Rebounding

Here are some more reasons to consider rebounding:

#### 1. Accommodates all fitness levels.

Beginners can go at their own pace and use a handlebar attached to the trampoline, while advanced exercisers can accelerate their pace and intensity for greater challenge. Both benefit from this low-impact modality, which minimizes joint stress.

**2. Burns calories.** Studies have shown that rebounding for 20 minutes is comparable to running for 30 minutes—without all the jarring on the body. Another study indicates that rebounding is 50 percent more efficient at burning fat than running. Plus, because workouts are low-impact, they don't feel as taxing, so you can exercise longer for even better results.

**3. Develops balance.** The unstable surface of trampolines means your body has to work harder and constantly engage the core to remain balanced and in control.

**4. Improves the lymphatic system.** Rebounding stimulates the lymphatic system, which functions to help the body get rid of toxins and is essential for immunity and overall health.

**5. Builds bone mass.** Jumping on a trampoline strengthens the skeletal system to enhance bone density and help stave off osteoporosis.

#### 6. Is compact and cost-effective.



### Boost your health with a bounce.

Mini-trampolines are compact and can fit anywhere (some even fold), are reasonably priced, facilitate a variety of workouts and deliver long-lasting performance over years.

#### How to Jump In

Get a quality trampoline from an expert such as JumpSport at [www.JumpSportFitness.com](http://www.JumpSportFitness.com). You can choose among different models for various preferences and budgets. Then take advantage of on-demand and live streamed workouts, or hit a rebounding boutique. There are more than 20 fitness studios in the Tri-state area keeping exercisers bouncing with in-person and virtual rebounding sessions.

In the greater NYC area, Jane DO offers its trampoline workouts, along with weekly live streamed classes, at [www.janedo.com/livestream](http://www.janedo.com/livestream) and on-demand workouts, via its custom app in the Apple Store or Google Play.

"Rebounding gives you a full-body workout on a singular apparatus, in a small space, and in a way that won't bother your neighbors," says Dani DeAngelo, co-owner of Jane DO.

PERSPIROLOGY, a boutique fitness center in Sea Bright, New Jersey, also offers a wide variety of Bounce classes in studio and online that motivate and challenge exercisers.

"We have hundreds of workouts on our site that allow exercisers to get familiar with rebounding and work hard in the comfort of their own home," says Katy Fraggos, owner/creator of PERSPIROLOGY. You can check out a free seven-day trial of the Workout At Home library at [www.perspirology.com](http://www.perspirology.com).

Rebounding can be a great way to put more of a spring in your step all year round.