



## TRAMPOLINE BENEFITS

- NASA concludes that benefits of trampolines are 68% more efficient than jogging. Plus it helps little astronauts imagine what it would be like on the moon.
- Jumping strengthens every muscle, organ and cell in your body.
- Bouncing enhances coordination, strength, flexibility, timing, spatial awareness, reaction speed, agility and balance.
- Just 10 minutes of bouncing on trampolines is equal to 30 minutes of jogging without the stress on your body. This is good for the kids as well as mom and dad!
- Rebounding heals and promotes weight loss. Bouncing on trampoline accelerates metabolism to burn calories for weight control.
- Jumping strengthens muscles, tendons and ligaments around the joint, improves movement and reduces risk for developing arthritis.
- Rebounding strengthens your heart, stabilizes the nervous systems while exercising, and helps maintain equilibrium after stepping off.
- U.S. Surgeon Generals # 1 goal is physical activity. Trampolines are a great way to exercise while having fun.
- It is great for athletic conditioning and more effective for fitness and weight loss than cycling, running or jogging.
- Bouncing greatly stimulates your lymphatic system, a major component of your immune system. Rebounding gives your immune system a boost and improves your overall health.

