



## BENEFITS OF TRAMPOLINE

**Trampoline is so easy to begin and just impossible to give up, is producing better athletes.** Because it improves many areas of coordination (such as balance, agility, rhythm, and timing) many athletes practice on a trampoline to enhance their motor skills. Skiers, skaters, divers, gymnasts, and even cheerleaders use the trampoline extensively. Whether your children play football, baseball, basketball or tennis, Trampolining will help them sharpen their skills.

**According to a study from NASA** a 150-pound individual spending one-hour on a trampoline will burn more calories than the same person jogging for an hour. Another study by NASA in combination with the University of Kentucky concluded that "the magnitude of the biomechanical stimuli is greater with jumping on a trampoline than with running."

**Everybody loves to bounce!** It's natural! The younger your children start bouncing, the better. In a very short period of time you will be amazed at their new skills and development. Their coordination and balance will improve dramatically. While learning these very important skills, your children are having fun! Also, with regard to safety, children with a good working knowledge are going to be less likely to hurt themselves in other activities such as skiing, skating, or even riding a bicycle. They're going to have better balance and coordination and generally a better knowledge of how to protect themselves in other sports if they fall.

**Trampoline is one of the most helpful training devices for coordination, muscle control and air awareness.** Many authorities recognize that a child's ability to learn depends on his or her control of movement. Children's success in movement depends on their understanding and control of their body. Trampoline is recommended for all children, but especially for children with poor coordination. Tremendous improvements have been noted in areas of total visual and body control that are necessary for success in the classroom.

**Bouncing on a trampoline develops skill and proficiency in sensing and maintaining proper balance.** When standing on firm ground, one can avoid the problems of balance. But, when rising from the surface of a trampoline, the jumper must locate new and constantly changing centers of gravity.

**When on trampoline, ones left side and right side must bounce in unison, one must maintain a steady body rhythm.** Such a rhythm is demanded by few other activities. Bouncing on trampoline forces the brain to function bilaterally, resulting in vastly improved bilateral motor skill development.

**Bouncing trampoline will bring about almost unbelievable changes in coordination and development.** A child with poor coordination benefits dramatically, but every child will gain coordination that carries over to every physical activity. Every child will benefit more from this than all the bicycles and tricycles manufactured. Sensory integration is increased through trampoline and is another way to say a person is very coordinated.

**Many schools for special needs children are now including trampoline in its curriculum.** The teachers have found this activity helps the students' settle down and focus in the classroom.

**Trampoline is easy and offers immediate success and accomplishment.** It gives a feeling of exhilaration and motivates them to try harder. Everyone gains courage and self-confidence. Everybody wins! For children the fascination never wears off because there is always a new skill or trick to learn.

**Your body has about 60 trillion cells.** The 2x to 4x G forces (gravitational pull) involved in bouncing squeezes out toxins. Then, during the brief weightless period when the body is suspended in the air, the lower pressure in the cell promotes the movement of nutrients into the cells. Thus the flow of materials to and from cells is improved. It is like getting every cell in your body to exercise.

**Trampoline lowers the risk of cardiovascular disease in 3 ways:**

- By strengthening the legs so that they act as an auxiliary pump for the cardiovascular system. This lessens the strain on the heart.
- The increased pulse rate strengthens the heart.
- The strengthening of both the voluntary and involuntary muscular system makes the entire system work more efficiently.

**Increases Lymphatic Circulation**

**The body's lymphatic system is a network of vessels that transports nutrients and drains toxin products from tissues.** It does not contain its own pumping mechanism and relies on external pressure including breathing and muscular contraction to propel its contents through a system of one-way lymphatic valves. Bouncing trampoline helps the lymphatic system eliminate toxins by increasing the gravitational pull while you bounce.

**Here's how it works:**

**At the bottom of the bounce when the gravitational force is greatest, the valves are closed and toxins are squeezed out from between the cells.** As the body bounds up, valves are still closed, toxins are loosened from the cells and nutrients are passed from lymph to the cells. At the height of the bounce the body is weightless, and the valves are open. As the body descends, fluid flows. Toxins are sucked out and away from the cells, and then eliminated by the lymph system.

This vastly increases one's level of health.

**Increased Bone Density**

**Bone, like muscle, can become stronger from moderate physical stress.** Studies have shown that those who exercise at least three times a week have a higher bone mineral content. Improving your bone density aids to reduce the chance of debilitating fractures and deformities associated with osteoporosis. **Bouncing trampoline takes up to 80% off the stress of your weight-bearing joints as compared to jogging.** Using trampoline is a wonderful option for everyone, especially anyone recuperating from accidents or injuries. It's also excellent exercise for those who have been sedentary and are starting an exercise program.

