

# REBOUNDED HEALTH BENEFITS YOU CAN'T LIVE WITHOUT :)

Rebounding is suitable for the young to the elderly; for women and men, from absolute beginners to professional athletes

## BACK

- keeps joints limber and flexible and helps fluid circulate through spinal discs, keeping them healthy and supplied with nutrients
- strengthens back and core muscles to help take the load off spinal discs and vertebrae
- builds the muscles in the abdomen, pelvis and hips that are so important in supporting your back
- relaxes tight, overworked muscles and strengthens them at the same time
- improves your balance and posture

## BRAIN

- reactivates under-utilized senses
- Training optimizes the sensory organs, as well as the sensory functions such as balance, vision and hearing. At the same time, coordinative skills are trained in an enjoyable and engaging way
- automatically engages your brain and inner ear, improving proprioception
- increases brain plasticity
- improves one's overall metabolic condition enabling a higher level of adaptation and processing in the brain

## OSTEOPOROSIS

- increases bone density by stimulating bones to produce new cells to replace old ones and absorb calcium, making them harder
- according to the National Osteoporosis Foundation, "60 percent of adults age 50 and older are at risk"
- according to the National Osteoporosis Foundation, "one in two women and up to one in four men age 50 and older will break a bone due to osteoporosis."

## LYMPH

- lymphatic system is energized which helps flush toxins, bacteria and other waste from your body
- cleanses the body from the inside out
- Guyton and Hall's Textbook of Medical Physiology - "The lymphatic pump becomes very active during exercise, often increasing lymph flow 10 to 30 fold. Conversely, during periods of rest, lymph flow is sluggish, almost zero."

<http://www.youtube.com/watch?v=Z6badEnUfb4>

## DETOXIFYING

- gently and efficiently conditions your lymphatic and immune systems
- organs are strengthened and their functions enhanced contributing substantially to supporting your health and wellbeing
- creates a body healthy enough to rid itself of toxins

CHECK OUT [WWW.BELLICON.COM](http://WWW.BELLICON.COM) FOR STUDIES AND RESOURCES

## OSTEOARTHRITIS

- strengthens muscles surrounding affected joints, providing them with additional support, taking pressure off the damaged cartilage
- energizes your heart, lungs, muscles and lymphatic system while sparing your joints any stress or strain
- benefits of an osteoarthritis fitness programme can be felt after about six weeks of working out two or three times per week

## WEIGHT MANAGEMENT

- International Journal of Sports Science(2016), concluded
- rebounding **50%** more efficient at burning fat than running
- discover that instead of feeling exhausted afterwards, you'll be INVIGORATED
- rebounding is an extremely efficient calorie burner
- studies show rebounding raises your metabolic rate for up to 24 hours afterward, whether at work, relaxing or even sleeping
- rebounding more signals body to burn fat and produce more ENERGY
- surges metabolism helping to not only lose weight and relieve stress, but also boosts strength, vitality, mental alertness and immune system

## PELVIC FLOOR

- strengthens the muscles of the pelvis
- engages and conditions the body without straining muscles, tendons or joints
- allows adaptation to the exercise comfortably and safely
- build a workout routine from pelvic-friendly, light and moderate-intensity cardio movements

## DIABETES

- rebounding assists in regulating your levels of the hormone by lowering blood sugar and increasing your cells' ability to absorb glucose – both during and after up to 24 hours

## CARDIO

- powers up your circulation, feeding oxygen to your body
- International Journal of Sports Science(2016), concluded rebounding **twice** as effective at improving aerobic fitness than running
- exercising on a mini-trampoline increased vertical jumping ability

## STRESS AND BURNOUT

- Whatever the reason, exercising on our mini-trampoline leaves body and mind at peace.
- On a biological level, the automatic contraction and relaxation of the muscles improves blood flow, boosting your body's oxygen levels – with rejuvenating effects. Bouncing on a bellicon® also relaxes tense muscles and lubricates your joints, massaging away the day's cares.
- From the mental perspective, focusing on a physical activity soothes a busy mind. This is partly because getting on your bellicon® floods the brain with endorphins. Released during exercise, these feel-good neurotransmitters counteract the effects of stress and anxiety, leaving you feeling more peaceful and centred.
- While it's well known that the root cause of stress is emotional, managing life's pressures can and should involve the body. Physical fitness is key to mental fitness.