

COSMO BODY & SOUL

THE FEEL-GOOD GUIDE YOU CAN'T LIVE WITHOUT!

ON THE REBOUND



Bouncing on a mini-trampoline helps with weight loss and muscle tone, and boosts the lymphatic system to keep you healthy

Rebounding – the good kind! – is the full-body exercise you get from bouncing on a mini-trampoline. It's fast becoming one of the hottest international fitness trends, with studies by NASA scientists showing that rebounding is 68% more effective than walking on a treadmill – and requires less effort!

Not only does rebounding provide aerobic training, which helps with weight loss, it's also one of the most effective ways to boost the lymphatic system, which detoxifies the body and improves the immune system, says Justine McFarlane, co-owner of Rebound SA. 'Two minutes of rebounding is reportedly equivalent to six minutes of running, 10 minutes of swimming or 22 minutes of walking,' she says.

In addition to improving balance and coordination, and offering cardiovascular training, rebounding also helps reduce cravings for sugar and carbohydrates – you'll benefit immediately from an energy boost after every session.

JUMP TO IT!

Some of us instinctively turn into little children when we step on a trampoline. However, to gain maximum benefit you need to follow a few guidelines.

To start with, make sure you use a good-quality trampoline. 'Low-quality versions have a hard bounce that could damage your joints,' says McFarlane. 'Good-quality units have strong, tapered springs to absorb the impact and offer a buoyant, more enjoyable bounce.'

Bounce with your knees relaxed, your stomach muscles pulled in, your buttock muscles clenched and your shoulders relaxed. It's also important to maintain steady, deep breathing while rebounding. The level of bouncing intensity is up to you.

A rebound session can be anything from three to 40 minutes, but the shorter the sessions, the more frequently they should be done to gain maximum benefit. 'Once you've finished you should always drink at least one glass of water, as your lymphatic circulation is now enhanced,' she says.

Tip: McFarlane says playing music while you rebound adds enjoyment and the exercise period will seem to fly by.
– Pontsho Ramontsha

BOUNCY BOUNCY

Rebound SA sells and delivers two types of mini-trampolines countrywide: the Rebound SA Health Bounce with a 100kg weight limit for R750 and the Gym Urban Rebounder with a 180kg weight limit for R950. For more information and to order, call ☎ 011 682 3584 or visit www.reboundsa.co.za.

www.cosmopolitan.co.za
If bouncing's not your thing, give the Hula Hoop a try. Check it out online!