

# Benefits of Rebounding

Exercising correctly and regularly has great benefits for our health.

1. Rebounding provides an increased G-force (gravitational load), which strengthens the musculoskeletal systems.
2. Rebounding protects the joints from the chronic fatigue and impact delivered by exercising on hard surfaces.
3. Rebounding helps manage body composition and improves muscle-to-fat ratio.
4. Rebounding aids lymphatic circulation by stimulating the millions of one-way valves in the lymphatic system.
5. Rebounding circulates more oxygen to the tissues.
6. Rebounding establishes a better equilibrium between the oxygen required by the tissues and the oxygen made available.
7. Rebounding increases capacity for respiration.
8. Rebounding tends to reduce the height to which the arterial pressures rise during exertion.
9. Rebounding lessens the time during which blood pressure remains abnormal after severe activity.
10. Rebounding assists in the rehabilitation of a heart problem.
11. Rebounding increases the functional activity of the red bone marrow in the production of red blood cells.
12. Rebounding improves resting metabolic rate so that more calories are burned for hours after exercise.
13. Rebounding causes muscles to perform work in moving fluids through the body to lighten the heart's load.
14. Rebounding decreases the volume of blood pooling in the veins of the cardiovascular system preventing chronic edema .
15. Rebounding encourages collateral circulation by increasing the capillary count in the muscles and decreasing the distance between the capillaries and the target cells.
16. Rebounding strengthens the heart and other muscles in the body so that they work more efficiently.
17. Rebounding allows the resting heart to beat less often.
18. Rebounding lowers circulating cholesterol and triglyceride levels.
19. Rebounding lowers low-density lipoprotein (bad) in the blood and increases high-density lipoprotein (good) holding off the incidence of coronary artery disease
20. Rebounding promotes tissue repair.
21. Rebounding for longer than 20 minutes at a moderate intensity increases the mitochondria count within the muscle cells, essential for endurance.
22. Rebounding adds to the alkaline reserve of the body, which may be of significance in an emergency requiring prolonged effort.
23. Rebounding improves coordination between the proprioceptors in the joints, the transmission of nerve impulses to and from the brain, transmission of nerve impulses and responsiveness of the muscle fibers.
24. Rebounding improves the brain's responsiveness to the vestibular apparatus within the inner ear, thus improving balance.
25. Rebounding offers relief from neck and back pains, headaches and other pain caused by lack of exercise.
26. Rebounding enhances digestion and elimination processes.
27. Rebounding allows for deeper and easier relaxation and sleep.
28. Rebounding results in better mental performance, with keener learning processes.
29. Rebounding curtails fatigue and menstrual discomfort for women.
30. Rebounding minimizes the number of colds, allergies, digestive disturbances, and abdominal problems.
31. Rebounding tends to slow down atrophy in the aging process.
32. Rebounding is an effective modality by which the user gains a sense of control and an improved self image.

Rebounding is enjoyable!

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