

REBOUNDING

Boosts Bone Health

Rebounding is a powerful, low-impact exercise that can significantly improve your bone health and overall fitness. It can be likened to sending gentle tremors through your bones. These controlled impacts prompt the body to fortify and develop bone tissue, akin to how weightlifting strengthens muscles. This process is vital for maintaining and enhancing bone density, particularly as we age.

通过弹跳运动 增强骨骼健康

弹跳运动一种强大、低冲击的运动，可以显著改善您的骨骼健康和整体健康状况。它可以比作在骨骼中产生传递轻微震动。这些受控制的冲击会促使身体强化和发育骨骼组织，就像举重能增强肌肉一样。这一个过程对于维持和提高骨骼密度至关重要，尤其是随着我们年龄的增长。

We have two Rebounding Workout videos available on our YouTube Page (<https://www.youtube.com/@NewLifeInternational>) where you can watch and follow along.

For added support while rebounding purchase the Rebounder Handle Bar which can be easily installed onto your Rebounder.

我们在YouTube页面 (<https://www.youtube.com/@NewLifeInternational>) 上提供了两段弹跳运动的视频，您可以观看并跟着练习。

在弹跳运动时如果需要额外的支撑，可购买弹跳器扶手，轻松安装在您的弹跳床上。





Efficient calorie burning 高效燃烧卡路里

Research conducted at the University of Michigan indicates that an individual weighing 68 kg can burn approximately 71 calories by jogging at a speed of 8 km/h for 12 minutes. On the other hand, during the same duration of 12 minutes, a person of the same weight can burn around 82 calories by rebounding.

密歇根大学的研究表明，一个体重68公斤的人以8公里/小时的速度慢跑12分钟可燃烧约71卡路里。相比之下，在同样的12分钟内，相同体重的人通过弹跳运动可燃烧约82卡路里。



Improving Immunity 提高免疫力

By enhancing lymphatic circulation, rebounding helps in more efficient removal of toxins and waste products from the body, resulting in improved immunity. The increased movement of lymphatic fluid ensures effective circulation and function of immune cells.

通过增强淋巴循环，弹跳运动有助于更有效地排除体内的毒素和废物，从而提高免疫力。淋巴液流动的增加确保了免疫细胞的有效循环和功能。



Lymphatic circulation champion 促进淋巴循环

The up-and-down movement enhances blood and lymphatic circulation, ensuring that your bones get the nutrients they need while flushing out waste products. By keeping the lymphatics system active and effective at removing toxins, rebounding also supports the body's natural detoxification processes.

上下弹跳增强了血液和淋巴循环，确保骨骼得到所需的营养，同时排除废物。通过保持淋巴系统的活跃性和有效性来清除毒素，弹跳运动也支持身体的自然排毒过程。



Low impact 低冲击

Rebounding reduces over 80% of joint impact compared to running, thereby preventing injuries to the ankles, knees, hips and spine.

与跑步相比，弹跳运动对关节的冲击力减少了80%以上，从而防止了脚踝、膝盖、髋部和脊柱的损伤。



Eyesight enhancement 视力改善

Regular rebounding can improve eyesight by enhancing blood flow to the eyes and reducing ocular pressure, similar to how regular watering nourishes a garden.

定期弹跳运动可以通过增加眼部的血液流动和降低眼压来改善视力，就像定期浇水能滋养花园一样。



Bone density boost 提高骨骼密度

The gentle gravitational pull from each bounce stimulates bones to grow denser and stronger over time, thus reducing the risk of osteoporosis and fractures. The low-impact nature makes rebounding an ideal exercise for older individuals.

每次弹跳带来的轻微重力拉力随着时间的推移会刺激骨骼变得更密集、更强壮，从而降低了骨质疏松和骨折的风险。由于其低冲击特性，弹跳运动对于老年人来说是一种理想的运动方式。



Superior cardiovascular workout 卓越的心血管锻炼

A study conducted by NASA Scientists found that jumping on a rebounder has an astounding effect on cardiovascular fitness; in fact, just 10 minutes of rebounding provides better cardiovascular benefits than 33 minutes of running. Additionally, rebounding strengthens the heart by facilitating separation among sticky blood cells, making it easier for them to move through veins.

在一项由美国国家航空航天局（NASA）进行的一项研究中，科学家发现在弹跳床上跳跃对心血管健康有惊人的效果；事实上，仅仅10分钟的弹跳运动比33分钟的跑步对心血管更有益。此外，弹跳运动通过促进粘性血细胞的分离来增强心脏功能，使它们更容易在静脉中流动。



Therapy for ADHD 治疗多动障碍

Rebounding provides a rhythmic and engaging activity that can help children with ADHD focus and expend excess energy, much like a fun and focused gardening activity.

弹跳运动提供了一种有节奏且有趣的活动，能帮助患有多动症的儿童集中注意力并消耗多余的能量，就像一种有趣且集中的园艺活动。