

New Website Promotes the Health and Fitness Benefits of Mini-trampoline Exercise

Mini-trampoline exercise or "rebounding" a fun, low-impact exercise that puts gravitational force to work on every cell in the body -- helps everyone, including people with mental and physical disabilities, diabetes, hepatitis C, immune deficiency disorders and osteoporosis, get the jump on health and fitness.

Carson City, NV ([PRWEB](#)) September 13, 2006 -- Is it just an attempt to make health and fitness fun, or can bouncing up and down on a mini-trampoline really cure all manner of ailments?

Eliot Seal, a certified "reboundologist" who recently launched [Jump4health.com](#), a website dedicated to promoting the health benefits of [mini-trampoline exercise](#), and who also works with people with mental and physical disabilities, says "rebounding" is more than just the latest health and fitness craze.

"Everyone can benefit from rebounding," he said. "It offers more health benefits than any other form of exercise."

Most people use rebounding for a fun, aerobic exercise without stress to the feet, knees and back but Seal says it offers much more than that.

According to Seal, rebounding strengthens every cell in the body. "The gravitational force that occurs when bouncing causes each cell to grow stronger," he said. "That means all the muscles are strengthened and toned at the same time -- shoulders, back, arms, chest, abdomen, buttocks, thighs, calves, even bones and connective tissue."

Indeed, NASA has recognized rebounding's benefits as part of its studies into zero-gravity in space.

Seal, who teaches [rebound exercise](#) classes at the Quan Yin Healing Center, a traditional Chinese medicine clinic and community center located in San Francisco's Mission District, says rebounding can even help people with diabetes, hepatitis C, osteoporosis and those suffering from immune deficiency disorders.

"The gentle bouncing movement opens the one-way channels of the lymph nodes," Seal said. "This encourages the flow of lymphatic fluid and allows harmful bacteria, toxins, viruses and cell debris to be released and eliminated along with the body's natural waste."

A former competitive speed skater, Seal attributes rebounding to his complete recovery from a debilitating and painful back injury.

"I felt I was rapidly declining into old age," Seal said. "Rebounding gave back my health and vitality, improved my mental well-being and helped me get back into shape."

Rebounding's health benefits are also applauded by Seal's clients and people recovering from illness.

Arnold Manalang of Martinez, CA, had heart bypass surgery a year ago. He says gently bouncing on his rebounder for a few minutes a day has helped him recover from his surgery.



And Denise Schwartz of Solana, CA, who has been rebounding for about four months, attributes rebounding to reducing the size of a lipoma (fatty tissue) on her back.

"I haven't changed a thing in my diet so I know it's from the rebounding I do everyday," she said.

Although trampolines are often linked to injuries, especially in children, rebounders are small -- around 40 inches in diameter and only ten inches off the ground -- so injuries are less likely.

But Seal says to be beware of purchasing cheap rebounder trampolines sold at discount stores.

"The construction of the rebounder is very important," he said. "A broken spring or a faulty hinge can lead to injuries."

Seal, who says he's personally tested and reviewed all rebounder brands, only recommends two: Needak and Dave Hall. The popular Urban Rebounder failed to meet Seal's standards for safety and performance.

Seal recommends that people who are just starting out purchase a rebounder with a stabilizing bar to help with balance and coordination.

"Rebounding offers so much to so many people," Seal said. "It's fun, but more importantly, it works."

About Jump4Health:

Founded by "reboundologist" Eliot Seal, [Jump4Health](#) is dedicated to promoting the health and fitness benefits of rebounding, as well as the sale of quality [rebounder mini-trampolines](#), educational books and rebound exercise videos. Through training classes, ongoing support and fitness advice, Jump4Health is committed to helping anyone who wants to improve their health through rebounding.

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