

Mini-Trampolines and your Lymphatic System

Exercising on a mini-trampoline is very helpful for the lymphatic system. The lymphatic system rids the body of toxins, bacteria, trapped proteins, fat and heavy metals. In effect, the lymph system is a secondary circulatory system and a kind of garbage removal system for the body. All body wastes are circulated through the lymphatic system before being shunted to the appropriate organ for elimination. Rebounding on a mini-trampoline can also improve circulation, lower cholesterol, improve coordination, reduce stress, increase energy, and improve muscles tone.

The muscles of the thighs pump the lymph through the body so it is important to use those muscles on a daily basis. Bouncing on a mini-trampoline or rebounder is not only beneficial, but it is tremendous fun. Just put on some catchy music and jump in time to the beat. There are books and videos available to show you different sequences but just use your imagination and have fun.

The mini-trampoline is a very efficient, yet safe exercise, which is gentle on the body. Most people can benefit from as little as five minutes a day on the rebounder, but like everything else, the more you put in the more you get out. A lot of women will be excited to hear that rebounding can improve the look of the buttocks, legs, and ankles by removing fatty deposits and cellulite. You will notice the difference in about two weeks of dedicated rebounding.

The mini-trampoline can be used by people of all ages, from toddlers to senior citizens and everyone in between. Even handicapped people who are unable to walk can benefit by sitting or just putting their feet on the rebounder while someone else is rebounding and receive the same lymphatic benefits. If you want a harder workout, you can jump faster and lower. The mini-trampoline is one of the best things you can do for your health and every home should have at least one.

A good quality mini-trampoline should be a six leg design with removable legs for easy storage, and a solid spring system for adequate joint support. It can be round or square and stands about eight inches from the floor. It is important that it have a non-slip surface to prevent slipping and falling. Most rebounders cost less than a month's membership at the gym, so it is a good investment that will last for years and provide fitness as well as fun.

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About the Author

Author Barney Garcia is a proud contributing author and enjoys writing about many different topics. Please visit my web sites @ <http://www.trampolines-jump.info> and <http://www.recreation-and-entertainment.info>