

## 1: Jumping for Health: A Guide to Rebounding Aerobics by Morton Walker

*Jumping for Health [Morton Walker] on [www.enganchecubano.com](http://www.enganchecubano.com) \*FREE\* shipping on qualifying offers. Called the most efficient form of exercise yet devised by man, rebounding aerobics is an enjoyable and gentle promotion of self-healing that can be done in the privacy of your own home.*

Jumping for Health by Morton Walker, D. In the spring of , year old Samuel J. Kofsky of Manchester, New Hampshire, a Ph. Then he suggested further treatment. Soon Sam Kofsky found himself faced with daily radiation therapy and then intravenous chemotherapy which the late Senator Hubert H. Humphrey had once referred to during a TV interview as "bottled death! He felt that his body being assaulted, burned, and poisoned. To sustain himself through chemotherapy, and to believe that he was doing something positive to help himself, Mr. Kofsky took up exercise of the aerobic type. This elevated amount of "oxygen uptake" increases cellular metabolism of oxygen molecules as nutrients. Besides competitive team sports such as football, basketball, racquetball and tennis, aerobic exercises include speed walking, running, sustained jogging, swimming, rowing, bicycle riding, calisthenics performed in a specific time frame, and rope jumping. As it happens, Mr. While rebounding, too, a person can work out outdoors or indoors and simultaneously speak on the telephone, watch television, listen to music, and do other things. Jumping on the mini-trampoline is the ultimate aerobic exercise able to be performed anywhere, even in hotel rooms with a carryon, foldable-type rebounding device As he was being treated with toxic chemicals, Mr. Kofsky engaged in rebounding for his health several hours every day, including 60 minutes before breakfast, lunch and dinner. Whenever possible, he carried his rebounding device out-of-doors to bound under the trees. Also he ate a nutritious diet, took supplements, and engaged in other exercises for diversity. At regular intervals he swam a full mile at the local health club, furiously punched the heavy bag, and ran a consistent six-minute mile over a ten-mile course. His weight plummeted 36 pounds from a high of not from cancer, but from his strenuous amount of daily exercising. The exercise was good psychologically for Mr. Kofsky, since so much activity had him believing that he was "winning" his battle against cancer. By the end of a year, he had doubled his daily rebounding time and was seemingly able to go into a meditative state even as he bounced on the device. Kofsky additionally increased the number of swimming laps, miles run, and time punching the bag. He gained a new confidence. Since he needed to research his Ph. But he never diminished the amount of his jumping for health, because he traveled with a portable rebounder which folded into its own airplane carryon bag. Returning aboard our dive boat, he enthusiastically told me of his involvement with rebounding. I told him then of my having authored a book on the same subject. We met often during that vacation trip and spoke about other alternative methods of healing. Kofsky, now age forty-two, had already lived well past his prior dire prognosis. He attributed the circumstance of his thriving to his jumping for health and life. The same time that he took chemotherapy and engaged in his prolonged exercise therapy, the Dartmouth student finished his doctoral thesis. He is now an assistant professor of economics at a midwestern university. Kofsky needs no chemicals for cancer and feels fitter than ever today. Perhaps the malignancy still lurks somewhere in his body, for once cancer has been present the potential for its return always remains. Still, this economics professor knows that he has fought it off the best way he could. Kofsky continues to rebound and participate in other sports activities. You can easily perform this exercise in your living room, your office, and your yard. The traveler may wish to carry a portable rebounder aboard an airliner for use in a hotel room. There are 30 health advantages of regular rebounding, including the following: It increases the capacity for respiration. It circulates more oxygen to the tissues. It establishes a better equilibrium between the oxygen required by the tissues and the oxygen made available. It tends to reduce the height to which the arterial pressures rise during exertion. It lessens the time during which blood pressure remains abnormal after severe activity. It holds off the incidence of cardiovascular disease. It increases the functional activity of the red bone marrow in the production of red blood cells. It aids lymphatic circulation, as well as the flow in the veins of the circulatory system. It encourages collateral circulation. It strengthens the heart and other muscles in the body so that they work more efficiently. It allows the resting heart to beat less often. It lowers elevated cholesterol and

triglyceride levels.

### 2: Jumping around for good health

*Never before has a health-building program been so much fun to do. All that is required is an inexpensive rebounder and the will to change your life for the better. So why not join thousa Called "the most efficient form of exercise yet devised by man," rebounding aerobics is an enjoyable and gentle promotion of self-healing that can be done in.*

Rebounding For Detoxification And Immune System Benefits The rebounding motion stimulates all internal organs, moves the cerebral-spinal fluid, and is beneficial for the intestines. Many immune cells such as T-lymphocytes and macrophages are self-propelled through amebic action. These cells contain molecules identical to those in muscle tissue. All cells in the body become stronger in response to the increased "G force" during rebounding, and this cellular exercise results in the self-propelled immune cells being up to 5 times more active. These immune cells are responsible for eating viruses, bacteria and even cancer cells, so it is good that they be active. When the outer coating of cancer cells has been dissolved by the enzymes trypsin and chymotrypsin, the immune cells attack the cancer cells. The health bounce is sufficient to obtain all the benefits of rebounding while gently strengthening the entire body. The health bounce can be done while talking on the phone, listening to podcasts on your ipod or watching TV. It is recommended that you do your rebounding with bare feet so you do not slip. Adults can start with 5 minutes of rebounding and increase their time as their fitness level improves. Seniors can start with 2 minutes several times per day, with at least 30 minutes between rebounding sessions. This prevents the possibility of "prolapsed organs" - the only contraindication to rebounding reported in the medical literature. Therefore increase your rebounding time gradually. Inactive seniors find that gently jumping on a mini-trampoline gives them renewed vigor and zest for life. Hyperactive children are reported to calm down after a few days of rebounding. Rebounding is for everyone and people can use the rebound mini-trampoline whenever they have a few minutes during the day. You can easily jump on your mini-trampoline in your living room, your office, or in your backyard. The traveler may wish to carry a portable rebounder around so they can rebound in their hotel room. Rebounding is the most convenient form of exercise around. Daily rebounding offers numerous specific health benefits: It increases the capacity for breathing. It circulates more oxygen to the tissues. It helps combat depression. It helps prevent cardiovascular disease. It increases the activity of the red bone marrow in the production of red blood cells. It aids lymphatic circulation, as well as blood flow in the veins of the circulatory system. It lowers elevated cholesterol and triglyceride levels. It stimulates the metabolism, thereby reducing the likelihood of obesity. It tones up the glandular system, especially the thyroid to increase its output. It improves coordination throughout the body. It promotes increased muscle fiber tone. It offers relief from neck and back pains, headaches, and other pain caused by lack of exercise. It enhances digestion and elimination processes. It allows for easier relaxation and sleep. It results in a better mental performance, with sharper learning processes. It relieves fatigue and menstrual discomfort for women. It minimizes the number of colds, allergies, digestive disturbances, and abdominal problems. It tends to slow down aging. The effect is not just psychological, because the action of bouncing up and down against gravity is one of the most beneficial aerobic exercises ever developed. Every day that you rebound for 40 minutes on a rebounder helps you to attain your heart rate target zone. Jumping on a mini-trampoline offers the ideal low-impact aerobic effect because it qualifies as an oxygenating exercise. Rebounding might be considered a precursor exercise for better achieving the oxygen therapies. The Detoxification Effect of Rebounding The lymphatic system is the metabolic garbage can of the body. It rids you of toxins such as dead and cancerous cells, nitrogenous wastes, fat, infectious viruses, heavy metals, and other assorted junk cast off by the cells. The movement performed in rebounding provides the stimulus for a free-flowing system that drains away these potential poisons. Rebounding is a lymphatic exercise. As stated earlier, rebounding has the same effect on your body as jumping rope, but without any jarring effect to the ankles, knees, and lower back that comes from hitting the ground. Arterial blood enters the capillaries in order to supply the cells with fresh fluid containing food and oxygen. It can put the bouncing person into a trance-like state and provide wonderful relaxation. Jumping for health and fitness not only stabilizes the nervous system during the exercise session, but continues to help

maintain a relaxed disposition even after one steps off the trampoline. The result is increased resistance to environmental , physical, and emotional stress. This is kind of thing which helps a person avoid psychosomatic disease and depression. Rebounding and children Children instinctively enjoy jumping around. They take to mini-trampolines like fish to water. One of the best things you can do to help instill the love of exercise in your child is buying a mini-trampoline, which sits around in the house and is always available for family members to use. Jumping on a mini-trampoline is one small step we can take toward solving our national epidemic of diabetes and obesity among children. As for myself, I use this rebounder. What is your healing topic of interest?

### 3: Jumping For Health by Dr. Morton Walker

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Jump For Your Health Jumping rope is an exercise we tend to overlook as adults. The thought of jump roping usually conjures memories of our childhoods, usually either in the form of fond recollections of grade school playgrounds or shuddering vignettes of endless rope skipping in gym classes. Jumping rope actually has a lot going for it as an exercise. Rope skipping can assist in developing agility, coordination, and balance, not to mention improvements in cardiovascular and muscular endurance. Your purpose s in choosing rope jumping will dictate how long and often you do it. Like all exercise programs, jumping for your health needs to be eased into. Jumping rope is a high impact, high intensity activity and those with health concerns should consult their physician before starting a jump rope program. As a coordination and agility builder, short bouts of jumping are sufficient. The intensity and impact can really add to an exercise program, but relying on jumping rope as your sole aerobic activity is not recommended for these same reasons. Start with the right equipment. A good pair of supportive athletic shoes is a must as they will give you more lateral stability important to avoid things like twisting an ankle and save wear and tear on your feet and joints. The right rope is important, too. It should be heavy enough to develop a steady rhythm and long enough for the ends to reach your armpits when you stand on the center of the rope. Get your heart rate elevated and your muscles warm by lightly jogging in place for approximately five minutes. Your posture should be erect shoulders down away from ears, shoulder blades pulled lightly back, abdominal muscles pulled in toward the spine but relaxed when you jump. Look straight ahead, not down at your feet. Roll up to the balls of your feet to push off and land lightly back on the balls of your feet when you land so that your muscles share the load of impact along with your joints. Keep your knees slightly bent. Arms should be relaxed at your sides. As you start, turn the rope just fast enough to keep it moving in an arc over your head. When it comes down towards the floor, spring off the balls of your feet just high enough so that your feet clear the rope. Because of the high intensity of jumping rope, a good way to start is by alternating jump roping with marching in place. As you improve, where you go with jump roping depends on you, your level of health and fitness, and how you want to incorporate jumping rope into a routine. Once you learn how to jump, you can try some tricks, such as crossing your arms or getting the rope to pass under your feet twice in every jump. Jumping rope is a great way to add spice to your exercise program. Remember, variety is one of the keys to staying fit. Studies have shown that people tend to stick with activities that are accessible and enjoyable, so why not give jumping rope a try? The Ups and Downs of High Impact Exercise The health and fitness materials provided on this Site including links to information provided by other Web sites are to be used for informational purposes only.

### 4: Home | Central Indiana childhood obesity initiative

*The claim: Jumping 10 times a day twice a day provides greater bone-building benefits than running or jogging, reports a study in the American Journal of Health Promotion. The research: Sixty.*

Pin Jumping jacks exercise is one of the most popular forms of exercise. It can be used for warming up as well as a form of cardiovascular exercises. It is good for exercising your arms and legs. Jumping jacks exercise requires coordination and stamina. Jumping jacks is a very important exercise to improve cardiovascular endurance. The basic jumping jack is performed by standing in a stance with feet together and your arms at the side. You need to jump when you raise the arms above so that hands join above the head and the feet land in a wide apart stance simultaneously. Returning to the original position completes this exercise. There are many variations of the jumping jacks. It guards against diseases such as cardiovascular diseases, diabetes and also prevents obesity. Jumping jacks exercise is great for increasing the heart rate while exercising. This has vast benefits for the health of your heart. Improve Strength And Endurance Jumping jacks exercise is a good way to improve stamina and endurance. It also improves the flexibility of the body. Jumping jacks if done regularly can help you to improve your mobility and circulation. Makes The Bones Stronger Jumping jacks is an exercise which requires you to exercise against the forces of gravity. In this form of exercise, the muscles pull at the bones. Load bearing and weight bearing jumping jacks make the bones stronger and denser and reduce chances of getting osteoporosis. Burns The Calories Jumping jacks helps to burn calories in a very efficient and effective way. It also reduces fat and ensures that one is able to maintain ideal weight. Jumping jacks exercise is a great way to cut down on fat and it burns a lot of calories if done in a sustained way.

### 5: Jumping For Health by Dr. Morton Walker Book | [www.enganchecubano.com](http://www.enganchecubano.com)

*It discusses the physiological benefits of jumping -- including muscle toning, better posture, lymphatic cleansing, stress reduction, anti-aging, increased balance and coordination, improvements in vision -- and more.*

Resistance Bands Help Build Muscle and Power While Reducing Risk of Injury Story at-a-glance - If you are like many people, you may be spending 13 hours a day seated, increasing your risk of early death, even if you work out every day. Jumping has an amazing number of benefits to your health, from improving your lymphatic flow and immune system, to increased bone density and better balance. Before jumping on your trampoline or rebounder, take appropriate safety precautions to reduce your risk of injury. By Dr. Mercola. If you are like most people, you probably spend hours indoors and a large portion of your day sitting behind a desk. Environmental Protection Agency EPA, most people spent at least 93 percent of their time indoors or in the car. Jumping Instead of Sitting Mounting research suggests that sitting is an independent risk factor for poor health and premature death, even when you exercise regularly. In this video, Julie Schiffman demonstrates using Emotional Freedom Techniques EFT to overcome obstacles that may impact your exercise routines or desire to get moving. Research by Joan Vernikos, Ph.D. She found it was the change in posture that was a powerful signal, and not the act of standing. In other words, the key to counteract the ill effects of prolonged sitting is to repeatedly and frequently interrupt your sitting. If you stand 35 times at one time, the benefit is not as great as if you stand up once every 15 to 20 minutes. One way to offset the effects of prolonged sitting is jumping. A new study by the American Council on Exercise ACE, found that jumping on a mini-trampoline or rebounder for less than 20 minutes was as good as running, less stressful on your joints, and may even be more fun. Standing at your desk every 20 minutes and jumping in place several times may offer different benefits to your bones, and increases your heart rate. Why Jumping Is Easier on Your Body Than Running According to the Arthritis Foundation, every pound of excess weight places an additional 4 pounds of pressure on your knees when walking. Running places an even greater amount of stress on your knees. They evaluated runners at 5 mph minute mile, 7. Although the amount of stress increased as speed increased, the overall stress experienced was less at higher speed, as the runners used a lower number of strides to cover the same distance. This means that even if you carry just a few extra pounds, running can put a significant amount of stress on your knees. On the other hand, a rebounder or trampoline offers a platform that gives under your weight and absorbs some of the impact on your joints. However, even with less impact it continues to offer you a cardiovascular and core strengthening workout. Jumping Provides Greater Fitness Benefits Than Running Rebounding, or jumping on a mini-trampoline in your home, gained popularity in the s following a study commissioned by NASA, in which they compared the oxygen uptake and body distribution between running and jumping on a mini-trampoline. The results showed athletes experienced the greatest amount of stress in their ankles and legs while running, whereas the force on a trampoline was more equally distributed between the lower legs and the back and head. These were lower forces than the athlete experienced running, but at the same oxygen uptake. This means the athletes were working equally hard when running and jumping, but experiencing less force on their body while jumping. The benefits the athletes experienced at a cellular level were greater and at less force than running. Specifically, the researchers wrote: Bone Density and Osteoporosis Worldwide osteoporosis is responsible for nearly 9 million fractures, affecting million worldwide and 75 million in the U.S. Participants either jumped 10 times with 30 second rests in between jumps, twice daily, or they jumped 20 times with 30 second rests, once daily. After eight weeks there was greater improvement in those who jumped 20 times, but after 16 weeks both groups exhibited greater gains over the control group who did not jump. You will also experience cardiovascular benefits, increased strength in your legs and core and improve your mental health. Activity pumps oxygen-rich blood to your brain that helps improve your mental outlook on life and improves your creativity. Jumping on a rebounder has other physical benefits you might not suspect. Exercise may also increase your mitochondrial biogenesis in your brain, reducing your risk for fatigue and dementia. Researchers found a week training interval improved the ability of the elderly to recover during a forward fall. The same exercise may help people after

stroke to regain balance, a dynamic gait and reduce the risk of falls. The trampoline may make those improvements while also helping you achieve your cardiovascular and weight management goals. Researchers determined the trampoline was as effective as the dura disc to improve balance after a lateral ankle sprain. Your lymphatic system is dependent on muscle contraction to circulate through your body. During normal exercise your lymphatic circulation increases two to three times over when you are at rest. Jumping increases the force of gravity and has an impact on your immune system, speeding the development of T-lymphocyte motility. This allows your lymph system to flow more easily. You can jump up and down by bending your knees and bouncing at first, gradually working up to your feet leaving the surface. You may choose to use the rebounder for a or minute program, or jump on it for three to five minutes several times each day. It is important to practice safety when using a rebounder. Falling from the equipment may result in sprains , strains or broken bones, sidelining you for weeks or months. This can lead to joint injuries. Each of these situation increase your risk of injury. Design a Workout to Fit Your Needs Do you remember jumping up and down on the bed when you were a child? Now is the time to channel that inner child, have fun and improve your health at the same time. Here are six different exercises you can use on your rebounder or trampoline. String them together at one time, do them throughout the day, or concentrate on just the exercises you want. Keep your knees bent and not locked, with your feet shoulder width apart. Keep your head in line with your spine. If you need to turn your head, stop jumping first. This helps you to get your balance on the rebounder before adding arm movements. As you become more comfortable, alternate raising and lowering your arms to the side and the front. On one bounce, raise your right arm straight out to the side and your left arm straight in front of your body. On the next bounce alternate arms – left arm to the side, right arm in front. You may try this for one minute with or without light hand-held weights. Standing on the rebounder using the correct stance described above and your arms at shoulder height, jump and twist your body below your arms from left on the first bounce to right on the next. Keep your head and shoulders facing forward, focusing on an object in the room and only twist your torso. Start with your feet shoulder width apart and your arms locked to your side. Choose an object in the room to focus on and keep your balance. Jump up and down, pointing your toes and tightening your quads while in the air. Lying on your back on the rebounder, place your hands behind your head, your knees and hips at a degree angle, activating your core, rock up and down on the rebounder without pulling on your neck and keeping your hips and knees at 90 degrees. Standing with your feet together and hands at your sides, jump up and land with your feet shoulder width apart and your hands at your shoulders. When you jump again, bring your legs together smartly, fully engaging your inner thigh muscles and return your hands to your sides. You can do these with light hand weights. You can use light hand weights to increase the challenge as you progress. Standing on the rebounder with feet shoulder width apart, begin jumping side to side with your knees bent to absorb the impact. Alternate raising and lowering your hands so when you jump to the right your right hand is at your side and your left arm is bent at the elbow and hand to your chest, engaging your biceps.

### 6: [www.enganchecubano.com](http://www.enganchecubano.com): Customer reviews: Jumping for Health

*Well done team "Jumping for Health". what an effort from everyone, quite amazing. As a team, we have raised an incredible amount of money going to a well-deserved cause, and in the process, we got more than we bargained for.*

Enter your email to receive info on Specials, Promotions and the latest new products. In the spring of , year old Samuel J. Kofsky of Manchester, New Hampshire, a Ph. Then he suggested further treatment. To sustain himself through chemotherapy, and to believe that he was doing something positive to help himself, Mr. Kofsky took up exercise of the aerobic type. This elevated amount of "oxygen uptake" increases cellular metabolism of oxygen molecules as nutrients. Besides competitive team sports such as football, basketball, racquetball and tennis, aerobic exercises include speed walking, running, sustained jogging, swimming, rowing, bicycle riding, calisthenics performed in a specific time frame, and rope jumping. The Detoxification Effect of Lymphercise The lymphatic system is the metabolic garbage can of the body. It rids you of toxins such as dead and cancerous cells, nitrogenous wastes, fat, infectious viruses, heavy metals, and other assorted junk cast off by the cells. The movement performed in rebounding provides the stimulus for a free-flowing system that drains away these potential poisons. Unlike the arterial system, the lymphatic system does not have its own pump. It has no heart muscle to move the fluid around through its lymph vessels. There are just three ways to activate the flow of lymph away from the tissues it serves and back into the main pulmonary circulation. Lymphatic flow requires muscular contraction from exercise and movement, gravitational pressure, and internal massage to the valves of lymph ducts. Rebounding supplies all three methods of removing waste products from the cells and from the body. Then arterial blood enters the capillaries in order to furnish the cells with fresh tissue fluid containing food and oxygen. The bouncing motion effectively moves and recycles the lymph and the entire blood supply through the circulatory system many times during the course of the rebounding session. Rebounding is a lymphatic exercise. As stated earlier, it has the same effect on your body as jumping rope, but without any jarring effect to the ankles, knees, and lower back that comes from hitting the ground. Better than rope jumping, however, the lymphatic channels get put under hydraulic pressure to move fluids containing waste products of metabolism around and out of the body through the left subclavian vein. It can put the bouncing person into a trance like state and totally relax him or her. Jumping for health and fitness not only stabilizes the nervous system during the exercise period, but continues to help maintain equilibrium after one steps off the device. The result is increased resistance to environmental, physical, emotional, and mental stress. It may possibly help an individual to avoid psychosomatic disease and mental or behavioral instability. Rebounding may be enjoyed for a lifetime and adjusted to your own particular level of fitness. It is safe, convenient and inexpensive, and its protective effects against degenerative diseases make it one of the most effective forms of motion in the work place, in recreational pursuits, or in simply exercising for the care of your body and mind. He said, "Rebounding allows the muscles to go through the full range of motion at equal force. It helps people learn to shift their weight properly and to be aware of body positions and balance. White uses the rebounder in his rehabilitation program at UCSD. White added that jumping for health is more effective for fitness and weight loss than cycling, running or jogging, and it has the added advantage of producing fewer injuries. As illustrated and explained in my book, Jumping for Health, there are 33 different exercises that may be performed advantageously on the rebounding device. The gentle bounce of rebounding is effective in returning natural, regular bowel movements to chronically constipated persons. Digestion is improved as well.

### 7: Health Benefits of Jumping | My Viewpoint

*Jumping for health and fitness not only stabilizes the nervous system during the exercise period, but continues to help maintain equilibrium after one steps off the device. The result is increased resistance to environmental, physical, emotional, and mental stress.*

### 8: Jump For Health & Donate A Prosthetic Leg - Aditya Birla Health Insurance

*Jumping rope is a high-impact activity that can cause complications in certain bone and heart conditions. Refrain from jumping rope if: 8 You suffer from inflamed joints, osteoporosis, or rheumatoid arthritis.*

### 9: Jump For Your Health - Jumping Rope is a great aerobic exercise.

*In addition to improved heart health and stamina, jumping rope also improves how efficiently you breathe. This becomes very beneficial when doing other activities because you won't be as out of breath after running down the court or swimming laps in the pool.*

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