

Arlene Toonkel's Top 10 Tips for Rebounding

1. Start out slowly a few minutes a day, for 2 or 3 times a day. Because: 1 — Your musculoskeletal system has to adapt to this kind of exercise, and 2 — Rebounding is a powerful tool to improve your lymphatic circulation with deep intercellular detoxification.

2. If you're injured, you can sit on the rebounder and bounce, or have another family member bounce it for you — you will still get benefits!

3. Wait 30 minutes after a meal — if a very heavy meal, wait a bit longer.

4. Always jump barefoot or with sneakers on. (Socks or stockings are too slippery!)

5. Be careful not to step or bounce on the outside coils or bungees, so that you don't hurt your feet.

6. Begin and end with “The Health Bounce” as your warm up and cool down. It warms your body up properly, oxygenates your cells, and activates your lymphatic system to start the detoxification process. The Health Bounce is a very powerful tool and very easy to do. Your feet are a hips width apart and barely leave the mat as you push down with the balls of your feet and your entire body — knees loose, core tight, navel pulled in back towards the spine. The push-down uses the force of gravity (G-force), and the opposite lift-up and bounce is the momentum — which are working together to help you do the exercise.

7. Expect your balance to be challenged at least initially. I find that when I hold my arms out or up, and have my feet a bit wider apart, it is easier for me to stay balanced.

8. Put some air under your feet when you are ready, even if just a few inches. It gives you another level of health benefits, vitality, and increased strength.

9. Aim for frequency. Studies by NASA show how challenging gravity even a few minutes a day, done throughout the day, strengthens your musculoskeletal system.

10. Have fun! Play music or stream your favorite shows while you bounce. Feel like a kid again jumping for joy!

