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Rebounding: 5 Impressive Benefits (Plus, How to Get Started!)

While people typically think of bouncing on a trampoline as something for children, did you know that this activity can offer adults a number of impressive health benefits? In addition to being fun, jumping on a mini-trampoline (also known as rebounding) can provide a low-impact, full-body workout while detoxifying your cells.

Today, we're going to cover everything you need to know about the benefits of rebounding and how to get started. Trust me, it's definitely something you want to add to your routine!

First things first, what exactly is rebounding?

Rebounding is a type of exercise that is typically done on a mini-trampoline (usually about 40 inches in diameter) inside your house.

While rebounding has been around since the 1930s, it really gained recognition and popularity in the 1980s when NASA studied its benefits while trying to find an effective way to help astronauts recover and regain bone and muscle mass after being in space.

Astronauts can lose as much as 15 percent of their bone and muscle mass from only 14 days at zero gravity, so NASA set out to find a way to effectively and quickly reverse this damage. The results from the NASA rebounding study, [published in the Journal of Applied Physiology](#) in 1980, concluded that jumping on a trampoline is 68 percent more effective than jogging, yet requires less effort.

What are the benefits?

Have I piqued your interest? That's just the start! Let's dive into five of the impressive benefits of rebounding.

Works the whole body

Rebounding is a full-body workout. It keeps the entire body engaged, particularly the core, legs, glutes, and back muscles. This leads to evenly toned, strong muscles.

Even better? It's much easier on your joints than running or exercising on a hard surface. The soft mat and cords/springs of a rebounder allow it to have "give" so that acceleration and deceleration are largely absorbed, eliminating up to [80 percent](#) of the shock of landing. As if that's not enough, rebounding can also provide impressive aerobic exercise benefits by strengthening the heart.



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Stimulates the lymphatic system

The lymphatic system is part of your circulatory system. It transports a clear, colorless fluid (called lymphatic fluid) throughout your body that flushes out toxins, bacteria, dead cells and other waste products.

Unlike the cardiovascular system, which uses the heart to pump blood, the lymphatic system doesn't have a pump. Instead, the movement of lymph fluid is dependent on the movement of your muscles.

That's where rebounding comes in. The up-and-down motion of rebounding [has been shown to](#) increase the circulation of lymph fluid, which helps boost the immune system and detoxify the body.

Improves balance and coordination

As we age, we naturally lose a bit of our balance and coordination. [One study](#) in 74 elderly women showed that 12 weeks of rebounding led to significant increases in postural balance, coordination, and overall motor skills.

Supports stronger bones

Worried about losing bone density? Bouncing on a rebounder may be very effective in beefing up your bones. [A 2016 study](#) found that young, female trampolinists had greater bone density

at the hip and spine, larger bones of the extremities, and greater bone and muscular strength of the lower body than the non-trampolinist controls.

While these women were trained athletes, this study suggests that jumping on a trampoline has a positive impact on bone density, especially when performed regularly.

Supports healthy blood sugar and weight loss

An hour spent jumping on a trampoline burns roughly 400 calories. Additionally, [studies show](#) that rebounding can effectively lower blood glucose levels, reducing the risk of diabetes.



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How to get started

One of the biggest draws to rebounding is that it's easy and cost-effective to get started. All you need is a mini-trampoline! There are many different models of rebounders to choose from. As with anything, there is an element of "you get what you pay for." In other words, the more expensive models supposedly have better-quality springs (or cords) to reduce the impact on your joints. However, any small trampoline will work.

Shop around, read reviews, and find something that suits your needs. If you feel you might need more balance support, seek a rebounder that comes with a balance bar.

Starting a rebounding routine can truly be as simple as bouncing on a mini-trampoline for 15 minutes or more daily. Though rebounding is a gentle, safe activity, it's best to start with gentle jumps to get your body used to the movement.

If you're looking for a structured workout (which can be helpful when just starting out), there are [tons of rebounder workout routines available for free on YouTube](#) for all levels.

The bottom line

Rebounding is an effective, low-impact form of exercise that provides both aerobic and strength-building benefits (among many others!). Getting started couldn't be any easier—all you need to begin is a mini-trampoline.

Whether you're looking for a gentle form of exercise to improve your health or a sweat-inducing full-body workout to help you reach your fitness goals, a rebounder could be just the thing you need.

References:

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