



REBOUNDING

For

Lymphatic System Congestion

A Rebounder is a small Trampoline about five feet in diameter available in the sporting goods department of Sears and Walmart for under \$25.00. Also available at local sporting goods stores.

The Lymphatic System or Immune System is considered the garbage collector of the body. Cellular activity produces toxic waste which can poison the body. The lymphatic system has the responsibility of pulling out the toxins, poisons, excess proteins and other wastes from the cellular tissue. Nearly 60% of an individual's weight is water—12% of the bodily fluid is blood and 62% of the fluid is lymph. There is about three times as much lymphatic fluid in the body as there is blood! The more efficiently the lymphatic system works, the better it is at collecting cellular garbage and wastes.

Rebound exercise has been found to be the best way to stimulate the lymphatic system. Each full bounce squeezes toxins out from around the cellular tissue, making it possible for the lymphatic system to pick up the waste and cleanse the body through its eliminative organs.

The most important time to rebound is 3 to 5 minutes after getting out of bed in the morning. This assists in waking up, increases cardiovascular efficiency, improves lymphatic circulation, and acts as a stimulus—causing body cells to burn more calories throughout the day to work more efficiently. If you are concerned about controlling your weight, try rebounding for 3 to 5 minutes about 1/2 hour before each meal. This will help to burn calories.

Give yourself some variety. Some people like to rebound with music. Others like to watch TV. Do not strain or compete against the clock. Rebound for as long as you enjoy doing it, stop when you don't.

CAUTION: If you are not exercising now and would like to begin rebounding, please note: rebound for 30 seconds to 1 minute; get off and monitor your body. An hour later, get on again and rebound for another 30 to 60 seconds. If you do not experience any ill effects, then you may increase your rebounding time to 2 minutes each time with at least 1/2 hour in between sessions. Continue to increase the duration of your sessions until you find your threshold of limitation.

	6:00 a.m. (1/2 hr. before breakfast)	11:30 a.m. (1/2 hr. before lunch)	5:30 p.m. (1/2 hr. before dinner)	Daily Minimum Totals
1st Week 5 days/wk	1 min. health <u>1 min. aerobic</u> 2 min. total	1 min. health <u>2 min. aerobic</u> 3 min. total	1 min. health <u>2 min. strength</u> 3 min. total	8 min./day 40 min./week
2nd Week 5 days/wk	2 min. strength <u>2 min. health</u> 4 min. total	1 min. health <u>3 min. aerobic</u> 4 min. total	1 min. health <u>3 min. strength</u> 4 min. total	12 min./day 60 min./week
3rd Week 5 days/wk	1 min. health 2 min. aerobic 2 min. strength <u>1 min. health</u> 6 min. total	1 min. health 3 min. aerobic <u>1 min. health</u> 5 min. total	1 min. health 4 min. strength <u>1 min. health</u> 6 min. total	17 min./day 85 min./week
4th Week 5 days/wk	2 min. health 3 min. aerobic 3 min. strength <u>1 min. health</u> 9 min. total	2 min. health 4 min. aerobic <u>1 min. health</u> 7 min. total	2 min. health 4 min. strength 4 min. aerobic <u>1 min. health</u> 11 min. total	27 min./day 135 min./week
5th Week	2 min. health 5 min. aerobic 4 min. strength <u>1 min. health</u> 12 min. total	2 min. health 4 min. aerobic 3 min. strength <u>1 min. health</u> 10 min. total	2 min. health 5 min. aerobic 4 min. strength <u>1 min. health</u> 12 min. total	34 min./day 170 min./week

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Better Health