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JUMP TO A THINNER SELF

Jump for joy at the thought of losing weight and releasing feel-good hormones—through exercise! No

WHAT'S NEW?

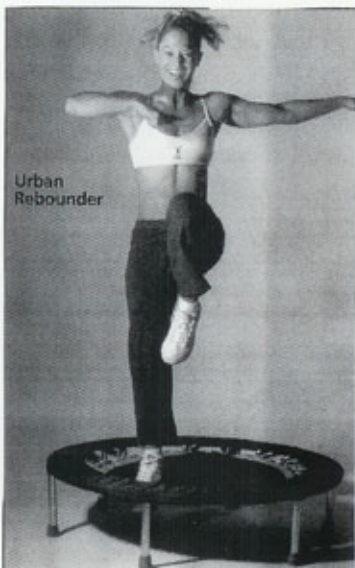
torturing yourself this time, however. Instead, discover the simple, low-impact, high results from a fitness routine that entails jumping on a mini-trampoline. Twenty minutes, three times a week is all it takes. Easy dance and aerobic moves are coordinated to music with strength building movements for the legs. While the workout comes from pushing down (resisting) the rebounding surface, that surface (of the trampoline) is soft, thus reducing injuries common to runners and weight lifters.

The Urban Rebound fitness system, from Urban Rebounding, New Berlin, Wisc., can improve breathing through cardio workouts; build bone and muscle density; improve coordination and balance; and eliminate toxins through lymph system stimulation.

For \$119.97, you receive 10 workout videos, a rebounder (safe for a 60-pound child as well as a 300-pound adult), carrying case, and stabilizing bar.

To check out this product, go to www.urbanrebounding.com.

WHAT'S NEW?



Urban Rebounder