

BOUNCE

Thursday 8:30 – 8:50, Red Portacabin



20 minutes of Rebounding is the equivalent of an HOUR of running and lots more fun! It's easy on your bones and joints and works all your major muscle groups. Not just a great cardiovascular workout, Rebounding also has a profound effect on your lymphatic system (the bit that builds up cellulite) – the jumping motion creates a pump like-effect which gets the lymphatic drainage going, helping to rid the butt and thighs of cellulite. Rebounding even has the approval from the guys at NASA who prescribe Rebounding to their returning crews.

Some of the Medical Benefits of Rebounding

- Has **anti**-inflammatory effects.
- Increases self-confidence.
- Strengthens the heart.
- Helps circulate oxygen to tissues.
- Aids lymphatic circulation.
- Gives your body an increased G-force.

Some of the Health and Weight Loss Benefits

- Enhances digestion and elimination
- Stimulates metabolism.
- Lowers elevated cholesterol and triglyceride levels.
- Reduces cellulite.
- Keeps lost pounds off.
- Helps prevent emotional eating

To sign up register at www.thehungrymind.nl or activities@thehungrymind.nl or text 0649228163 to reserve your spot. Places are limited so sign up early to avoid disappointment.

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Increases lung capacity. ...

*Lowers **blood pressure**.*

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