

# What Are Rebounder Owners Saying?

## **74 YEAR-OLD FEELS BETTER NOW THAN WHEN HE WAS 30!**

My name is George. I started rebounding at 205 lbs., June 5. It is now October 22 and I weight 170 lbs. I feel so great I can hardly stand it. Everyone looks at me and they cannot believe it. I say, "believe it, I am like Tony the tiger. I feel great!" I would tell everyone get the rebounder, it really works. My sons and daughters all have one. I used to spend a lot of money on vitamins and minerals, but no more. My blood pressure is 120 over 62; my blood fat is normal; my heart rate is 72 beats a minute — it used to be 110 beats a minute. I was always tired. Now I feel better than I did when I was 30. I am a security officer at the mall. I used to work part time, now I work 51 hours a week. I can out walk or run anyone in the place. I cannot tell you how pleased I am with this product. I am sending a picture of me at 74 years of age, I still don't believe it myself. God bless you! —G.M., Massachusetts

## **NEARLY CRIPPLED, NOW WALKING AGAIN!**

I am 74 years old and my walking had been getting worse by the day, to the extent that I was almost crippled. Your very informative brochure came just recently and I perused it in-depth. I have some health knowledge and it spoke volumes to me about my own need for exercise. The rebounder is ideal for the corner of my bedroom and its convenience permits me to rebound three times per day. My first try was a disaster. I couldn't make the three and one-half minutes recommended. However, I tried again and again and finally was able to accomplish the three and one-half minute goal. I, being a Christian, recited the Lord's Prayer coupled with the 23rd Psalm as a time feature and also as a means to occupy my mind with other then the rebounding time requirement. Within the week I had regained my walking ability and had experienced an enhanced home life. I could now get the exercise that I needed to remain functional. I realize that this testimonial may not mean much to others; however, it has brought back into my life abilities, which I thought had departed forever. For the person who wishes to regain functional abilities thought long gone let me tell you it works!

—G.B., Georgia

## **WHOLE NEW LIFE THANKS TO REBOUNDING!**

I am a 77-year-old woman. Recently I purchased your excellent product. All my life I have been overweight and constipated when I received your rebounder in the mail I decided to get on it every day and eat less food. I get on the rebounder four times a day, 10 minutes each time. In less than one year I lost 60 pounds and I am no longer having bowel problems. I have a whole new life. Thanks to you, many blessings to you for a real miracle in my life. N.H., Texas

## **BEST EXERCISE TO IMPROVE OVERALL HEALTH!**

As a fitness fanatic I have used virtually all exercise

machines on the market. While each had their advantages, many put too much stress on my ankles or lower back or were just plain boring! Upon trying my rebounder I immediately knew this was the one thing I would never be without and could use for a lifetime. The multitude of health benefits, derived from its use are impressive and very real. If you are searching for the ultimate exercise to maintain improve overall health, well being and fitness, the answer is the rebounder.

P.L.D., Michigan

## **RN SOLD ON REBOUNDING. HYPERTENSION LOWERED.**

I have been using the Rebounder since June and I certainly can tell the difference. I have hypertension and have been taking medication since I was 57 years old. My systolic BP has decreased some six points. Using the Rebounder every day has increased my energy level. I am 71 years old and now I feel like a 50 year old. I am a massage therapist and have clients several times a week (mostly men) and I have enough energy reserve for the rest of the day. I am proud to say most people take me for my 50's and I like to think by using the rebounder routinely I can only enhance all my

## **DOCTOR LOWERS BLOOD PRESSURE AND RECOMMENDS REBOUNDER TO ALL PATIENTS!**

A patient of mine introduced me to your rebounder. She is 80 years old. She bought hers through a mail ad. She lost 21 pounds, and four dress sizes, and her blood pressure improved. On her recommendation, I decided to get one.

Intrigued, I purchased one of my own, and found that my waistline went down, and so did my blood pressure. The workout gives me an all-over glow, and like all desirable aerobic exercise I feel great all day!

I have many patients with cardiovascular problems, arthritis, and who are overweight. I have recommended the rebounder as a part of a drug-free treatment regiment, and many patients are buying it. None of the patients have experienced any problems with the rebounder or the workouts.

Several patients have recommended to family and friends that they come by for screening examinations and that they purchase a rebounder. One gentleman has bought three: One for his office, one for his home, and one for his girlfriend.

I believe that regular use of the rebounder confers many benefits for its user. Patients who are for more diligent than I am in using it are very enthusiastic about how great they feel. From my own experience, I know that to be true. I highly recommend patients with chronic problems, who are overweight, or have high blood pressure to try the program. I also strongly recommend that everyone who purchases one buy the safety bar with it.

—Dr. William A. Nunn

bodily processes. I can fight fatigue, strengthen my heart and improve my circulation which are all positive changes as we grow older. As an RN, I am sold on this rebounder and I find it most convenient to use according to my schedule. I proudly give this testimonial as a invitation to help people improve their health.  
—J.S., Ohio

#### **FAST RESULTS!**

I purchased my Rebounder for health reasons. I thought that if the claims you made for it were true, it would be worthwhile. I did not follow the instructions to start slow and work up gradually and I got into trouble fast. I recovered after four days and started over—this time by the book. I am very pleased with the results. I am gradually losing weight and feel great with the expending of much less time than any other method I know of. Used properly it will improve one's health. —O.J.B., Texas

#### **ARTHRITIS IMPROVED!**

Since I have been using the rebounder, my arthritis pain in my knees had subsided quite a bit and I feel more energetic during the day. I will continue rebounding in hope of completely curing my arthritic condition. Even though I am 76 years old I find it easy to exercise on and it makes me feel very good after I am done. Anyone can do these rebounding exercises, regardless of their age. I am very grateful for having this product as it helps my whole body to feel well —E.W., Michigan

#### **ARTHRITIC, NOW WALKING TWO MILES!**

I am a 70 year old woman with several kinds of arthritis. It was hard for me to walk. When I first got your rebounder I used it very carefully. Things are very much better and I'm sleeping better also. I am a retired music teacher and artist. I can now walk two miles. Thanks so much. —R.S., Indiana

#### **ADAPTABLE AND EFFICIENT EXERCISE!**

I have been involved with private home care work in a variety of situations, including a live-in arrangement. Since exercise and staying in shape has been an important part of my life, I needed a form of exercise that was adaptable and efficient. This has fit my needs very well. Rebounding exercise is both efficient and adaptable to lifestyle demands.  
—E.M.M., North Dakota

#### **LOST WEIGHT, INCREASED STAMINA AND IMPROVED MEMORY!**

We purchased our rebounder after reading a newspaper interview with a cardiologist who keeps one next to his desk and bounces a few minutes between patients for his heart and lymphatic system health. We have been using ours for about six months, 15 minutes a day. It is fun to use. We have each lost a little more than five pounds, increased our stamina and agility and I think it has helped my memory and my husband's. Before the rebounder we walked on a treadmill. The treadmill was more of a chore and we didn't

have weight loss, etc. We are both in our mid-60's and believe that rebounding will be something we can continue to do for many years to keep us active and healthy. The Stabilizing Bar is a good thing to have too. We love our rebounder and wouldn't want to be without it.  
—B.M., Wisconsin

#### **BETTER SLEEP. NO CHEST PAINS!**

After purchasing your product I can honestly say that I sleep better and I do not have the chest pains that I normally have had. I am 72 years young. I only exercise about 20 minutes per day. I have lost approximately 12 pounds. I do not overdue it, and I am satisfied with the workout. What a great product. —D.S., Indiana

#### **88 YEAR-OLD DOING KICKS**

##### **AFTER HIP REPLACEMENT SURGERY!**

When I first saw the rebounder demonstrated I was intrigued. I am 88 years old and last year I had a complete hip replacement surgery. I asked my doctor about the rebounder. He said by all means buy it and use it every day, but don't do the jumps. Keep your feet on the mesh and go. Once I put it together and experienced it I knew I had bought a high quality product. I started easy rebounding and kept at it and now I can easily do five...six...seven minutes without tiring. There is no doubt in my mind that this is one of the best exercises for older folks. I won't ever be without my rebounder! —P.R., Florida



There are three styles of Rebound Air Rebounders you can choose from.

The **Ultimate Rebound Air Rebounder** is the top of the line exercise unit. Made of a durable space-age composite material it has the unique feature of being able to fold up to one-fourth its size for easy storage or transpiration. It's also called a quarter-fold rebounder because of its ability to fold up to a fourth of its normal size. Comes with both a carrying case so you can carry it over the shoulder and a dolly for easy transportation.

The **Half-Fold Rebound Air Rebounder** is a portable, yet less expensive unit. When folded it is twice the size of the quarter-fold unit, but half the size of an ordinary rebounder. The **Non-Fold Rebound Air Rebounder** is the most cost effective model.

All three models are built of the highest quality materials. Each is backed by a manufacturer's **LIFETIME WARRANTY**. If anything goes wrong while you own one of these rebounders it will be replaced free of charge! That's right. If the mat, frame, legs, or springs break even 20 or 30 years after you've bought it, they will be replaced without cost. No other rebounder offers this type of guarantee. They are built sturdy enough to withstand a lifetime of strenuous use! It will outlast other heavy-duty rebounders that cost as much or more. Why waste your money on an inferior unit? The Rebound Air Rebounder is the only rebounder you will ever need to buy.

# Rebounding and Arthritis

Daily we receive telephone calls and letters requesting information about arthritis and rebound exercise. Most of them asking, "If a person has arthritis, should he rebound? And if so how much?" However, more and more we are receiving phone calls and letters informing us of how arthritis seemed to disappear after rebounding. At first this seems to be an amazing miracle. But an in depth study into arthritis and rheumatism will show that this is a perfectly normal and in fact accepted expectation, at least among the experts of arthritis. May I recommend to those concerned about the subject of arthritis, the book "Arthritis, a Comprehensive Guide", by Dr. James F. Fries, the director of the Stanford Arthritis Clinic.

Dr. Fries points out first of all that most people misunderstand arthritis. Most of us feel that arthritis is only one disease and that it is incurable. That if you have it, you are eventually going to be gnarled and crippled. All three of these concepts are erroneous.

To fight any foe it is important that we know the foe, its potential and its weakness. First of all, there are over 109 different forms of arthritis.<sup>1</sup> But according to Dr. Fries, they have been classified into eight different categories. A close look at the eight different categories indicates that of the eight, four of them do not even classify as a true arthritis. "In the truest sense of the word, most arthritis is not really arthritis at all! Doctors use the term arthritis differently than do patients. The "arth-" part of the word means joint, not muscle, tendon, ligament, or bone. The "itis" part means inflamed. Thus, true arthritis affects the joints and the inflamed joints are red, warm, swollen, or tender when squeezed. If you do not have any of these symptoms, then you do not have arthritis in the truest sense of the word."<sup>2</sup>

Then if you don't have arthritis, what do you have? Any other pain that has anything to do with the muscle or skeletal system or the combination thereof, would come under the heading or classification of "rheumatism". That imprecise term, according to Dr. Fries, is the term to indicate any pain or swelling to the muscle or skeletal system.<sup>3</sup> This is probably why both doctors and lay people use the terms arthritis and rheumatism interchangeably to mean a painful condition.

"Although 75 million people experience some symptoms of arthritis or rheumatism, only 3 million Americans are severely affected."<sup>4</sup> Arthritis can be prevented in many cases. An effective treatment is available for all forms of arthritis. "The consensus among almost all experts, is that exercise is necessary for all patients with all forms of arthritis."<sup>5</sup> The only real discussion is the level of exercise when an arthritic or rheumatic condition is actually inflamed or swollen. "The bones react to exercise and the weight bearing by growing stronger. The body absorbs more calcium, deposits it in the bones and creates thicker and sturdier support structures. Exercise builds muscles and increases muscle tone. This creates a port across the joints and

helps to stabilize the joint. The tendons as well as the ligaments gain strength when they are used."<sup>6</sup> Each of these tissues gets weaker when it is not used.

"The gristle of the joint does not have a blood supply. It gets its oxygen and nourishment and gets rid of waste products by compression. Fluid is squeezed into the joint space and then removed and replenished. The health of a cartilage depends on motion because without motion there is no nourishment of the cartilage. Even a few weeks in a plastercast may result in cartilage degeneration."<sup>7</sup>

"Rest does just the opposite of exercise. It reduces inflammation if such is present. It increases calcium loss from the bone, allows the muscles and tendons to weaken, and fails to nourish the cartilage. It has a psychological disadvantage of encouraging dependency."<sup>8</sup>

The most important advice to arthritic sufferers is to approach exercise conservatively. Select an exercise that does not injure arthritic area.

Rebound exercise is an exercise that can be totally controlled by the participant. If it is painful, don't do it until the pain goes away, then, be careful. Be regular and slowly progressive in your exercise program. "Exercise to the full range of motion of the affected joints whenever possible, but only to the limits of discomfort to prevent permanent stiffness."<sup>9</sup>

Consistent rebound exercise several times a day without fatiguing the injured area is the best exercise.

"Caution, don't do high-tension exercises requiring forces across the joints . . . such as weight lifting, or ball squeezing, or jogging."<sup>10</sup>

Using sports as exercises are not recommended. Rebound first, so you can enjoy your sport later.

Most arthritic conditions are not diseases, they are perfectly natural conditions of the body that can be expected if one does not participate in enough lymphatic circulation activities. The health bounce is an excellent lymphatic exercise for most people.

Should the arthritic condition be in the knees, then sit on the unit and bounce up and down on your seat so that the lymphatic system gets the necessary exercise to eliminate the condition.

A thorough understanding of arthritis and rebound exercise would cause even the pessimistic sufferer to become optimistic about the possibilities of overcoming an arthritic condition. —Alber E. Carter

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## Fries, James F., M.D.

*Arthritis. A Comprehensive Guide*

Menlo Park, California: Addison Wesley, 1979

<sup>1</sup>pp. 9.

<sup>2</sup>pp. 4.

<sup>3</sup>pp. 77.

<sup>4</sup>pp. 4.

<sup>5</sup>pp. 90.

<sup>6</sup>pp. 90.

<sup>7</sup>pp. 90.

<sup>8</sup>pp. 90.

<sup>9</sup>pp. 91.

<sup>10</sup>pp. 92.