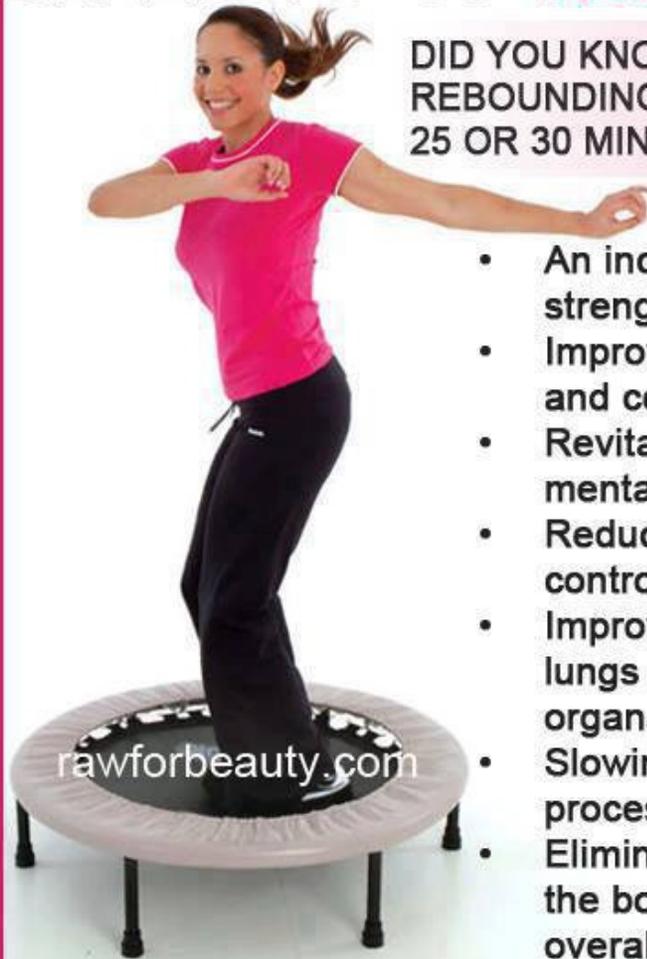


# BENEFITS OF **REBOUNDING**

DID YOU KNOW? TEN MINUTES OF REBOUNDING IS AS EFFECTIVE AS 25 OR 30 MINUTES OF JOGGING.



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- An increase in muscular strength
- Improved posture, balance and coordination
- Revitalized vision and better mental functioning
- Reduction in stress level and control over addictions
- Improvement in the blood, lungs and all the internal organs
- Slowing down the aging process and relief of pain
- Elimination of toxins from the body, weight loss and an overall sense of well-being