

Why You Should Jump Your Way to Health and Happiness | Healthy Trampolining Tips from Akrobat USA

California, Los Angeles, Jul 15, 2021 ([IssueWire.com](https://www.issuewire.com)) - If you have young children, you probably have been to at least one or more Trampoline Park birthday parties. A Trampoline Park is a giant warehouse space filled with rectangular inground trampolines. These flat ground, inbuilt trampolines provide a massive surface for hours of jumping, bouncing, flying, and soaring through the air. The experience is addictive for both children and adults alike. Not only is trampolining a great family activity, but it is good for your health, a fun form of exercise, and great for destressing. Akrobat USA has been a provider of in-ground trampolines for many years and has compiled a list of tips that will help to increase your well-being by jumping on a trampoline.

Jump Your Way to Better Health.

Are you bored with your old exercise routine? Are you concerned about going back to the gym? Looking for something new and different to upgrade your fitness routine?...

Add a backyard trampoline to your fitness routine and get a whole-body workout. A [study conducted by NASA](#) to help the returning astronauts regain their muscle tone, balance, and cardiovascular health suggests that **10 minutes of jumping** is more effective than thirty minutes of running. The trampoline is easier and safer for the knees and ankles. Less stress, wear and tear.

Backyard trampolines also improve your coordination, increases bone density, reduce body fat, and create lean muscle mass. Jumping improves your lymphatic system functions, which are vital to improving your immune system.

Trampolines are Your Ticket to Better Mental Health.

The Covid -19 Pandemic created a Mental Health Crisis in the United States. **People are suffering from the symptoms of Anxiety and Depression, impacting every area of their lives. When we are more stressed, we are less productive, less present and connected, and our families and relationships pay the price. Studies show that exercise can be as effective as medication when treating anxiety and depression. Outdoor activity has the additional benefits that come with being in nature. Backyard trampolines are the perfect antidote to stress and a great way to clear our minds.**

Top Five Reasons Why You Should Jump Your Way to Better Mental Health

- **Reduces stress**

Use your backyard trampoline to reduce stress. People have many misconceptions about the safety of trampolines. Today's models are very safe if installed correctly. If safety thoughts cause you more stress, choose an inground trampoline: no ladders, nothing to fall off, and easy access. Then feel the freedom and relaxation that comes from the rhythmic jumping, the feeling of flying, and as your

confidence grows, the joy of accomplishing new tricks. When you are focused on the jumping, you can't think about anything else. It relaxes and frees your mind.

- **2. Releases hormones that promote a positive mood**

One of the benefits of using your inground trampoline is that jumping causes the brain to release -endorphins, the hormones which elevate your mood, making you feel happier and energized,

In addition to endorphins, the hormone serotonin is released during jumping, which helps regulate mood, soothes anxiety, and reduces negativity—more serotonin results in a lower likelihood of depression, sleep disturbances, and anxiety. Most people notice they feel more relaxed and satisfied after exercising on their inground trampoline after a few minutes.

- **Have More Fun**

Unlike other forms of exercise, which can be monotonous, jumping on a trampoline is extremely fun. You won't have to talk yourself into exercising or drag yourself to the gym, so you are more likely to exercise more often and feel better faster. Also, having fun with trampolines helps distract you from daily worries, making it a perfect path to relaxation.

4 Strengthen Family Ties

The family that jumps together has fun together, spends more quality time together!!!

Great for everyone's mental health, sense of well-being, and inspiring joy.

Even your moody teenagers will want to join in and bring their friends. Just think... you can become the cool parents on the block, spend quality time with your children, and get them out of their rooms into the fresh air. Plus, there is the added bonus of distracting them from their cell phones, video games, and computers for an hour or two.

- **Increase Your Energy Levels**

In addition to serotonin and endorphins, jumping releases adrenaline. This hormone stimulates:

- the sympathetic nervous system, which strengthens the feeling of wakefulness,
- increases the heart rate,
- dilates the lungs,

- speeds up blood circulation,
- changes the metabolism,
- gives an immediate sense of well-being.

Increased blood circulation accelerates the circulation of oxygen between the cells, which results in additional bursts of energy within minutes of jumping.

All forms of exercise can positively affect our mood, but the benefits of jumping on a trampoline are even more significant for our mental health. To bring more freedom, relaxation, joy, fun, happiness into your life, reach out to the folks at Akrobat, and explore which backyard trampoline is right for your family.

Start creating a lifetime of memories with your very own in-ground trampoline!

We offer the most popular sizes of round and rectangular in-ground trampolines. Among all our options, you'll find choices perfect for small children, teenagers, and adults.

Our trampolines also come in 3 attractive choices of colors, suitable for a variety of yards.

With the sizes, shapes & colors we have to offer, you are sure to find the perfect trampoline for your family!

Visit us today at <https://akrobatusa.com/>

Media Contact

Akrobat USA

eicurlc@gmail.com

Source : Akrobat USA

[See on IssueWire](#)