

HEALTHY HINTS

Just for the HEALTH of it!™

WEEK THREE-Jump Around

Jump Around! Jump Up. Jump Up and Get Down!!!

- Find a jump rope!
- Don't have one? Just JUMP UP and DOWN!

- Do JUMPING JACKS!!
- Very few exercises burn calories like jump rope. Even jumping at a very moderate rate burns 10 to 16 calories a minute. Work your jump rope exercise into three 10-minute rounds and you're looking at 480 calories in half an hour. According to Science Daily, 10 minutes of skipping rope is about equivalent to running an 8-minute-mile. There's a reason the American Heart Association created an entire movement around jumping rope (ever heard of Jump Rope for Heart?).

- The medium impact of jumping rope increases bone density, but isn't as hard on your joints as running because the impact of each jump is absorbed by both legs. In fact, according to Dr. Daniel W. Barry, a researcher who has studied the bones of the elderly and of athletes, the latest studies show simply jumping is one of the very best exercises for improving bone density.

<https://www.buyjumpropes.net/resources/8-jump-rope-benefits-you-didnt-learn-in-pe/>

The benefits of Jumping Rope

