HEALTY 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!
- · DOJUMPINGJACKS!!
- 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

The benefits of A lot of muscles are being will give you an unparalleled To make workouts more worked at the same time. total body workout. challenging and intense, you can This can create muscle use a weighted jump rope. tone and definition. It enhances It's also great for performance eye-hand in any sport coordination, lateral ovement, foot and hand Passive rest breaks in speed and agility. between lifts can be substituted with rope-jumping sessions. It can be used at the This can keep your heart beginning of workouts rate up and promote more for a warm-up. weight loss. Jump rope workouts can be effective in helping you lose weight and reduce your disease

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/