

On the Rebound Mishelle Knuteson, M.H.

“Why work out when you can play in?” states David Hall founder of Cellersize rebounder. I subscribe to this philosophy. I believe getting in shape and feeling good doesn’t have to be the “no pain, no gain” philosophy. I want exercise to be simple, easy and fast. I want to accomplish a lot in just a short amount of time and I want to see results quickly.

Shortly after I started working for the School of Natural Healing, David and Fawn Christopher had David Hall on their radio show *A Healthier You* (Click [here](#) to hear the show) and in Dr. Christopher’s Herb Shop to do a demonstration on his rebounder. David Hall asked the question. “What if you could strengthen all your muscles all at the same time; reduce body fat, improve flexibility, digestion/elimination, back, knee and shoulder health, tighten and tone, improve balance, open lungs, improve coordination, reduce stress, tighten skin and so much more in just 10 minutes a day?!” I was sold. That was everything I believed exercise could and should be.

If you are like me, when it comes to exercise the hardest part is getting started. Furthermore, if I’m not enjoying it or seeing benefits right away then it goes by the wayside pretty quickly. Who doesn’t love to jump? Even babies love to be bounced. We jump for joy when we are happy, so jumping for health can be a very joyful experience. Another bonus is that I don’t need a gym membership, the right kind of clothes, nor do I even have to leave the house!

One of the health benefits of bouncing on a trampoline is giving the body a full detox. The lymphatic system in our body relies on movement to flush toxins out. Rebounding is by far the most effective exercise for increasing lymphatic flow and draining toxins. Dr. John R. Christopher said, “The exercises that are of greatest value in case of constipation are those which bring into strong action the muscles of the abdomen.” Rebounding fits this description perfectly. Click [here](#) to find an extensive list of health benefits by using a rebounder.

I personally chose a Cellersizer as my rebounder. I first purchased one from Walmart that was a lot cheaper yet it was like trying to bounce from the floor. My mom had a Cellersizer and I put it side by side with the one from Walmart and another I had found. In my opinion there was no comparison, the Cellersizer had by far the better, less jarring bounce. For information on ordering one go to [Christopher Publications](#).



I use my Cellersizer at least 3 times a week and bounce anywhere from 10-20 minutes depending on the plans for the rest of the day. I will sometimes put on upbeat music and just dance/bounce, I also put together a simple routine from the basic moves that David Hall teaches in one of his videos, and I have found some great routines on YouTube.com that I can follow along with. It is fun to be able to change it up depending on my mood and the time I have available.

The most important thing is to find a type of exercise that works for you so that you will stay with it. If you want to exercise ALL 75 TRILLION CELLS at the same time; a rebounder may be the right type of exercise for you too. Even better, it requires only 10 minutes a day!

***Mishelle Knuteson** is certified in Rapid Eye Technology (RET) an emotional release therapy, teaches classes in The Art of Feminine Presence and a Master Herbalist ~ graduate of The School of Natural Healing. Mishelle currently works as an Educative Master Herbalist (MH) for The School of Natural Healing and as Office Manager of Christopher Publications.*