



# Fun for the Kids, Fitness for the Family

**By Kevin Hall**

In this day and age that is packed with indoor activities - like video games, the internet, and endless television shows, a trampoline can be a valuable asset to the family. A trampoline allows your children to have an outlet for their energy - and to get exercise.

By using an outdoor trampoline, children have a place to go relax, have fun, and get in better shape. It is not only children that can benefit from a trampoline. Adults can use it too, and it is a great method for exercise and enjoyment - bouncing on an outdoor trampoline can provide many benefits to people of all ages. Trampolining is an excellent way to get fitter and healthier. You can improve your strength, flexibility, balance, co-ordination, agility and confidence.

Trampolines are a source of real fun for self and family. However, it is very valuable if one knows exactly what shape, size or type of trampoline, the different safety precautions one needs to take for a safe exercise routine.

On top of that, the forces going through your legs and hips help to build bone density giving you stronger bones. Trampolines are not as dangerous as you might expect providing that you use them correctly. Trying to do too much too soon isn't a good idea... your body needs time not only to learn new moves safely but also to adapt to the new stresses being put through it.

Fun Spot Trampoline offers trampoline pads, mats, springs, covers and other trampoline parts & accessories. Our products are backed by the industry's first "Low Price Guarantee". Fun Spot has built a 33-year history providing superior quality trampoline parts to both domestic and international customers. Offering compatible trampoline parts for Fun Spot, JumpKing, Hedstrom, NBF, Sky Bouncer, Bazoongi, Jump Pro, Bollinger and other popular trampoline brands.

Fun Spot offers fast shipment of in-stock trampoline parts and expert technical support at 800-241-7134