



# Trampoline - Fun, Fitness And Safety, What Else You Need?

**By Richard Miller**

Trampolines are fun for all ages. Many people choose large outdoor trampolines for their families, which is a perfectly fine choice if safety precautions are taken. But what if you don't have the space for an outdoor trampoline but still want to enjoy the benefits? An indoor trampoline can be the perfect thing! The main difference between indoor and outdoor trampolines are the size. Trampolines made for indoors are lighter, smaller, and more portable. Many of them can be folded up for easy storage as well. And because they're smaller, they're also more affordable!

Often, trampolines made for inside are called mini-trampolines or rebounders. There are models made especially for children, then there are models made to accommodate adults. Always check the weight and age limit when shopping for one of these trampolines. There are lots of benefits to using a trampoline that people of all ages can enjoy. For children, bouncing on a trampoline is great fun and a perfect way for them to burn off extra energy and stay in shape. Adults can also stay in shape using a miniature trampoline. Rebounding is the term used to describe trampoline exercise, and is an enjoyable, low-impact way to tone the body and burn fat.

If you're buying a trampoline for children to use, always supervise them when they're bouncing. Make sure the trampoline is set up in an area with plenty of room, so if the child falls or bounces off, they won't crash into anything dangerous. Teach them to bounce in the middle of the mat, and only allow one child to use the trampoline at a time. Simple safety precautions like these will ensure trampoline users stay safe while having fun.

As mentioned before, indoor trampoline use is a perfect way for adults to get a great workout. Make sure you select a rebounder that is made for the purposes of adult exercise. There are lots of different models out there, including the Body Burner. The Body Burner is a great rebounder that actually tilts to allow users to do a variety of different exercises in addition to bouncing. Or, check out the ReboundAir, another great model designed to provide a quality workout. Because trampoline exercise is so popular, you'll find no shortage of different models to choose from!