



JUMPING ROPE 101:

A fun way to train your body AND brain!

Whether we go for a walk or be still, we need to stay in our bodies and bring them into the conversation. Our bodies are holding a story; our beliefs affect our biology. Jumping rope is a unique way that can help us process through the questions: “What am I thinking? What am I feeling? Where’s it hurt?” Jumping rope has the ability to keep us connected.

PRACTICAL BENEFITS:

1. **Convenient:** lightweight, can easily take it with you wherever you go!
2. **Cardiovascular:** Increases blood flow, heart rate, puts the appropriate amount of stress on the body for mitochondria increase, mobility in joints, promotes overall health while at rest.
3. **Agility:** Coordination; increases ability to catch yourself and recover, if you stumbled and tripped.
4. **Low impact, impact workout:** Lower impact than running. The impact aspect benefits in creating a higher bone density.
5. **ROI (Return on Investment):** 5 mins of sustained jumping rope is equal to running an 8 min mile!
6. **Fun:** Feel like a kid again!

WHOLISTIC BENEFITS:

1. **Bi-lateral brain processing:** jumping rope uniquely causes switching from left hemisphere to the right etc. This allows us to stay present in our bodies- thinking of tempo and pace. EMDR (therapy used for trauma) also uses bi-lateral processing! This processing increases ability to take in new information and hold that information.
2. **Increases the size of the pre-frontal medial cortex:** the “high tower” in the brain where we reason.

3. Helps to rinse and reset your lymphatic system: shaking out and discharge stress, fear, feelings that are “stuck” in our bodies.

TWO PROBLEMS:

1. **Weak bladder:** good news- you CAN strengthen the pelvic floor (Kegel exercises) and wearing black pants helps ;) Don't let it stop you from jumping rope!
2. **Large chest:** invest in a good sports bra (individual cup sports bra can help). Sagging will happen with age, but “don't let preserving ourselves stop us from persevering through life- and having some fun” ☺

FOUR P'S OF JUMPING ROPE:

1. **Play:** Get a rope Alisa has 2 ropes, one is a “life fitness pro vinyl rope” (heavier) and a “beast mode speed rope” (lighter) - her favorite. Make sure it's adjustable and ball-bearing. Adjust to correct length by stepping on with both feet and making sure handles reach under the arms, about chest height.
2. **Playground:** you need some space.
3. **Posture:** think about stacking the body in alignment, tucking tailbone, engaging TVA, relax, breathe and brace. Keep elbows by sides, turning the wrists and bounce about 1-2 inches off the ground.
4. **Practice:** Start with 1 bounce, start over, do it again, start over, repeat. Stick with it!

Start with 5 mins a day, 3 days a week to begin

#jumproperev