

# **Jumping Fitness Singapore Performance at Chingay Parade 2024: Blossom**

23 and 24 February 2024

F1 Pit Building

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Jumping Fitness Singapore participated as the opening performance of the pre parade show for Chingay 2024 held at the F1 Pit Building Singapore.

60 members of Jumping Fitness Singapore demonstrated a 3 min 25 seconds choreographed trampoline fitness routine.

This involved months of practice and preparation from the participants and I was glad to be involved in the event.

Jumping Fitness is an aerobic rebounding workout that is three times more effective than jogging yet does not cause damage to vulnerable joints and bones. The interaction of acceleration and deceleration due to the jumping effect, helps to strengthen every cell and muscle in the body. Regular jumping leads to overall muscular toning, increased lung capacity, improved physical endurance and cardiovascular health.

According to NASA, 10 minutes of jumping on the trampoline provides as much health benefits as 30 minutes of running, and it's 68% more effective. That means you burn 3 times more calories in the same amount of exercise time.

Numerous studies have shown conclusively that regular jumping on the trampoline provides tremendous health benefits. Some of these health benefits include increasing bone density, boosting immunity, improving lymphatic circulation, improving posture, balance and coordination, lifting moods, enhancing mental wellness, and strengthening every part of the body. A healthy lifestyle, incorporating jumping fitness and wise food choices can help us prevent many prevalent modern diseases, to enjoy robust health and a happy productive life.

**Jumping Singapore** is a social enterprise for the cause of ending homelessness in Singapore. All revenue generated goes to support the social programs of the Charity, New Hope Community Services, which provides shelters, training programs, and job matching services for displaced and needy Singaporeans. (<https://jumpingsingapore.com/>)

Being a health care professional as a family physician with a special interest in preventive health care, I am one who adopts the practices of lifestyle medicine in my daily life and I will like to share my personal experience of the benefits of this form of exercise.

In the time I am bouncing on the trampoline to music with my community during the class, I am having too much fun to notice the exercise effort, which according to studies suggest that a trampoline routine can be roughly as strenuous as running six miles per hour, and far less hard on the joints. <sup>1</sup>

Through this form of exercise, I have definitely felt an improvement in my sense of balance, core strength and reflex responses. Not to mention the endorphins released and the lasting effects after a workout. There is definitely a child-like play factor involvement when you work out on the trampoline and this creates a positive feedback loop towards maintaining regular exercise.

The current WHO (World Health Organization) recommends that adults aged 18-64 years old should do at least 150minutes of moderate- intensity aerobic physical activity or at least 75-150 minutes of vigorous- intensity aerobic physical activity.

Exercise should also involve muscle- strengthening activities at moderate or greater intensity that involve all major muscle groups on 2 or more days a week.

For adults aged 65 years and above, the exercises are the same as the above and in addition should also incorporate a variety of multicomponent physical activity that emphasizes functional balance to enhance functional capacity and to prevent falls.

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<sup>1</sup> <https://www.acefitness.org/continuing-education/prosource/october-2016/6081/ace-sponsored-research-putting-mini-trampolines-to-the-test/>

Children and adolescents aged 5-17 years old should do at least an average of 60 minutes per day of moderate-to-vigorous intensity, mostly aerobic, physical activity, across the week.

This should also incorporate muscle-strengthening at least 3 days a week. <sup>2</sup>

In addition to a well-balanced plant-based diet, managing stress, avoidance of risky substances, obtaining restorative sleep and maintaining social connections, we can prevent illnesses and improve our health.

### **About the author:**

Dr Chrystal Fong (MBBS Melbourne, FRACGP) is currently practicing as a family physician at Asia HealthPartners under the subsidiary of Singapore Institute of Advanced Medicine (SAM) Holdings, located at Lucky Plaza, Orchard, Singapore. She has a special interest in health prevention and incorporates sports psychology and lifestyle medicine principles in her health screening and advocacy in health promotion.

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<sup>2</sup> <https://www.who.int/news-room/fact-sheets/detail/physical-activity>