

# 5 Health Benefits of Jumping Rope

**Looking for an affordable, simple exercise routine? Think back to your childhood: More than a schoolyard pastime, jumping rope is also an effective workout.**

Because jumping is high intensity and high impact, it's a good idea to check in with your healthcare provider before you begin. And once you get the go-ahead, ease in.

When you're ready, all you need is a low-cost rope and a little space – say, a square of sidewalk at the park or a corner of your living room – to get hopping. The many benefits include:

## 1 Fast-Tracked Fitness

Like running, basketball or singles tennis, jumping rope counts as vigorous aerobic activity. That means you'll get all the benefits of cardio – including a stronger heart and lungs – in half the time of moderate-intensity activities, such as walking or gardening.

## 2 Better Balance

By hopping from one leg to another, you're training your muscles and mind to work together. Your balance and coordination will improve, reducing your risk of falling.

## 3 A Healthier Mind

Even a single bout of hopping can instantly ease anxiety. Over time, jumping rope and other vigorous activities may lower your risk of developing dementia or depression.

## 4 Whole-Body Strength

When you jump rope, your legs power you up off the ground. Meanwhile, your arms rotate to bring the rope over your head and back down. As you move to the rhythm, you're working muscles in both your upper and lower body.

## 5 Reduced Risk for Disease

Done regularly, jumping rope and other physical activities can ward off heart disease, stroke and Type 2 diabetes. Because exercise can help manage hormones and reduce inflammation, you might even reduce your risk for breast, colon and other cancers.



**Best of all?** Jumping rope is fun, so you'll stay motivated to move! After all, the best workout for you is the one you'll stick with over time.

Sources include the American Council on Exercise, the Centers for Disease Control and Prevention and the National Cancer Institute.