



Hello everyone, my name is Natalie and I'm 21 years old.

I would like to present to you a short story about how a sport activity called "Jumping" influenced my life in a positive way, so it can maybe inspire you as well.



Couple of years ago I wasn't content with my look - I was unhappy because of my extra kilos. I was lazy, I didn't do any sport, I just used to sit on the couch and eat tons of chocolate, chips or ice-cream. The consequences of this kind of lifestyle started to show themselves. Bad mood, low self-confidence etc.

And one day, on my way home from school, I randomly glanced at a new striking poster. It was an advertisement and kind of invitation to a new kind of exercises called "Jumping".



Happy slim women were jumping on small trampolines with armrests. It looked great!



When I was a child, I just loved trampolines, the big ones. As children, we enjoyed so much joy on these things.



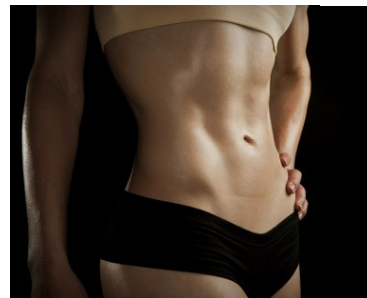
The advertisement promised quick loss of weight, perfect body and energetic mind.



I was doubtful about it and interested in "Jumping" at one time. I've tried several kinds of aerobics before, swimming, spinning, but nothing was the right thing for me. And this "brand new" sport could be a great opportunity to finally change my lifestyle.



Naturally, I was really nervous before the beginning of the first lesson. The leading girl of the group briefly explained the rules - nothing impossible. We had to jump on the trampolines, according to her and to the music - that's the whole principle.



While jumping, it's necessary to breath correctly and pull in the belly. The exercises take turns in difficulty and in speed. At the end we work out and then stretch the body. All the exercises are accompanied by rhythmic music and smiling face of our coach.



Finally, I found myself in this kind of sport! Harmonic atmosphere around the members, nice music and the goal - it really helped! I started to see changes after a month.



Now, I just can't live without "Jumping". I really recommend it to all of you who want to enrich their lives with positive energy.