

James White's book, "Jump for Joy "

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While many Americans will be trying to work off those excess pounds they pick up during the holiday season by jogging or getting in a few extra sets on the tennis court, a University of California, San Diego fitness expert hopes many more will be jumping their way into better shape.

James White, Ph.D. of the department of physical education, has written a book on the joys of jumping to get in shape and stay in shape. The book is, not surprisingly called "Jump for Joy" and outlines a basic exercise program which can be performed at home with a mini-trampoline.

White spent more than three years testing some 2,300 men, women and children as they bounced on the mini-tramps (he refers to them as "rebounding equipment") in his exercise lab and found that jumping was the best form of exercise for some people.

"We found that 93 percent of (those) who jumped in our laboratory received a great deal of joy," says White. "In fact, there was a smile on everyone's face.

"From these studies we concluded that 'jumping for joy' is a form of exercise that can be used by both novice and expert athletes, weight losers, those with various injuries, jogging dropouts, executives pressed for time, for those living in extreme climates and especially those who hate exercise," White continues.

He has become a jumping enthusiast because it is an ideal form of aerobic exercise, it is fun, and can be performed indoors or outdoors with a simple and easily portable piece of equipment.

"It is one exercise that is neither painful, inconvenient nor boring," notes White. "We can make these statements based on the results of a two-year study conducted on executives who had completed the Sun Valley Health Institute Fitness Program.

Here, the participants choose between running, stationary bicycling or jumping on rebounding equipment as their main exercise. Jumping for joy was the best form of exercise in terms of how many executives were still exercising after 12 months."

Following a period of warm-up exercises, White's formula calls for bouncing on the mini-trampoline for a period of 10 to 40 minutes, preferably to the beat of your favorite music.

Not only does jumping improve the heart, says White, but daily exercise can remove up to 27 pounds of fat per year.

"Not only does the fat go off," he says, "but the muscle size and tone increases so you get a much better looking body as well."

White received his doctorate in exercise physiology from the University of Southern California and currently teaches classes in exercise prescription and rehabilitation at UC San Diego. In addition, he teaches classes in the School of Medicine and is an instructor for the Ski Patrol.

Copies of the book are available at the UC San Diego Bookstore.

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