

## The Scoop

# Jumping for Joy

Gym-goers are bouncing off the walls—literally

It's the new way to get high: More than a dozen trampoline parks—indoor recreational facilities equipped with wall-to-wall (and *on-the-wall*) jumping areas—have sprung up nationwide in cities from San Francisco to Tampa, with seven opening in 2010. Visitors are shooting hoops, working out, and catching air on these low-impact playing fields. And they're getting health benefits: Light bouncing improves cardiorespiratory fitness, resulting in a healthier heart and increased energy levels, according to one study. "For every five minutes on the trampoline, you can bounce about 500 times," says Juan Olsen Sanchez, 62, a gymnastics instructor and former nationally ranked gymnast from San Rafael, California. "It's just so gentle on the joints." Marvia Perry, 70, of Las Vegas, Nevada, attends trampoline aerobics classes at her local park and



plays ball with her grandsons during "open jump" hours. "Trampolining is something special I can do with them," she says, adding that she feels like a kid again. "When they're busy bouncing, I'm jumping for health and for fun." To find facilities, inquire at your local gym or search locations at [skyzonesports.com](http://skyzonesports.com) or [gotjump.com](http://gotjump.com). —*Laura Kiniry*



## BUSINESS CARDS GET COOL

Despite the popularity of social networking sites such as LinkedIn and Facebook, the humble business card is thriving. More than two-thirds of Americans still carry their cards, according to one recent poll, and Staples reports double-digit sales growth every year for the past three years.

Want your card to stand out? Be creative. Rick Roman, 51, of Portland, Oregon, sells shares of stock as gifts; his cards show him in caricature, cheerfully clinging to a framed stock certificate. Management consultant Pat Ferdinandi, 55, of Montclair, New Jersey, is dressed as a superhero on her card. And Mike Calamusa, 52, the publisher of *SportStars Magazine* in Concord, California, carries foldable cards that look like major-league-baseball tickets. "A clever business card gives you an edge over the competition," says Roman, adding that his fun card has even resulted in referrals. —*Laura Daily*

## GAMER GIRLS

Teen boys may be consumed with *Call of Duty*, but women 55-plus spend more time playing online games: an average of 224 minutes per month. That's twice as much as males 15 through 24 and nearly twice as much as men their own age—at least according to a recent report from market-research company comScore. Women tend to prefer arcade and trivia games, which boost brainpower. "I should be cleaning my house, but it's a lot more fun to play!" says Nancy Brooks, 62, of Newport News, Virginia. "I've learned a lot of new facts and geographical areas I might not have been familiar with before." Find *your* new favorite at [games.aarp.org](http://games.aarp.org). —*Tomás Baliño*

