



Health-E-tips[®]
JAM School Program

JAMmin' Minute[®]

Reps	Activity Routine: Standing Exercises
10	Gentle bounce while pulsing right arm up over left shoulder
10	Gentle bounce while pulsing left arm up over right shoulder
10	Arms out like wings, kick heels up to tap your bottom
10	Shout out your favorite veggies while punching arms up
10	Chicken dance

Health-E-tip

It's Fig Season. Bring some to school and have a taste test in the classroom. You can even eat the skin!

Disclaimer: Please be advised the exercises hereunder may not be suitable for everyone, in every age, and this or any other exercise program may result in injury. To reduce the risk of injury all children should consult their doctor before beginning this or any exercise program. The exercises presented herein are in no way intended as a substitute for medical counseling.