



JAMmin' Minute[®]

Reps	Exercise Routine: Standing Exercises
10	March feet and pump arms front to back
10	Hands up over head and hop, hop, hop
10	Run in place
10	Hands on hips, pulse elbows forward as you march feet
10	Jumping jacks

Health-E-tip

Smart Start. Start your day off right every single day - exercise and eat a healthy breakfast. Beginning your day with exercise jump starts your day for success and eating breakfast gives your body the fuel to perform at your best.

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.