



JAMmin' Minute

Reps	Exercise Routine: Standing
10	Jog in place to warm up
10	Continue jogging in place and punch left then right arm over head
10	Keep jogging in place, elbows out & parallel to shoulders, jab fists forward
10	Arms out front, lower to tap backside to chair seat
10	Arms over head, inhale and on the exhale fall forward toward toes, hold

Health-E-tip

The Germiest Winter Accessory. Just like your hands you should wash your gloves too. Gloves pick up all the same germs that your hands do. And, if you do what many other people do and use your gloves as a tissue for your nose, you have a double whammy! Wash/clean your gloves at least once a week. Be sure to pay attention to the type of fabric and wash accordingly.

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. The publishers and their experts are not liable for any injury, health impairment or accident that may befall any person using these exercise routines. To reduce the risk of injury to children, parents should consult their doctor about their child(ren) before using this or any exercise program. The exercises presented herein are in no way intended as a substitute for medical counseling.

www.jamschoolprogram.com

Copyright © 2015, Health-E-tips, Inc.