



# JAMmin' Minute<sup>®</sup>

Reps	Exercise Routine: Standing Exercises
<b>10</b>	High knees
<b>10</b>	High knees, tap left elbow to right knee and right to left knee
<b>10</b>	Arms out from shoulders, kick legs out and tap fingers to shoulders
<b>10</b>	Touch toes, then knees, then toss hands over head while you jump up
<b>10</b>	Face chair and tap left then right foot on seat

## Health-E-tip

**It's Heart Month.** This month reminds us to take care of our heart. The best things you can do to keep your heart in tip top shape are to exercise every day, do your very best, be kind to others, and live a stress-free life.

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.