



# JAMmin' Minute®

Mins	Exercise Routine: a 5-Minute Routine
<b>1</b>	Jog in place (modified: punch arms over head)
<b>1</b>	Hands on hips, kick left then right leg forward (or punch forward)
<b>1</b>	Windmills - tighten abs & touch right hand to left foot, left hand to right
<b>1</b>	Burpees (modified: hands on abs squeeze and release abs)
<b>1</b>	Hands over head, big breath in, slowly lower hands and exhale

## Health-E-tip

**BE FIT.** Everyone can be fit. Everyone should be fit. Being fit is a choice you get to make for yourself. Being fit means taking care of your body by exercising, eating healthy, having a happy and positive attitude, and being your best. By YOU being fit you will inspire others.

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.