



JAMmin' Minute[®]

Reps	Exercise Routine: Standing Exercises
10	March and scissor hands over head
10	Clap hands over right shoulder then lower and clap by left ankle
10	Clap hands over left shoulder then lower and clap by right ankle
10	Feet apart and arms out to sides - jump feet together & clap over head
10	Lower and pretend you are sitting in a chair (without the chair), hold

Health-E-tip

Seeing it Differently. Change your mindset. Instead of thinking of the holidays as a time to eat as much as you want, make the main focus be about spending time with family and friends and giving back. Keep portions normal and simply sample the high calorie foods of the season.

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.