



# JAMmin' Minute

Reps	Exercise Routine: Standing
10	Shuffle left 5 steps then back to warm up
10	Step left foot back and lower knee, as you come back up bring knee to chest
10	Step right foot back and lower knee, as you come back up bring knee to chest
10	Interlock fingers above head, squat as you make a giant circle with your hands
10	Jump up and turn right to land, jump up and turn right again, repeat clockwise

## Health-E-tip

**Being Confident in Your Looks.** Did you know research shows that most kids don't feel "cute" or "pretty" and worry about it all the time? If you are one of these people, talk to your parents or someone you know about the pressures you are feeling. And, rest assured, you are harder on yourself because the same research shows other people DO think you are cute! Now you can feel good every single day!

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.

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