



Health-E-tips<sup>®</sup>  
JAM School Program

# JAMmin' Minute<sup>®</sup>

Reps	Activity Routine: Standing Exercises
10	Elbows level with shoulders, tap left knee to left elbow, now right
10	Legs apart, lower, gently bounce & "raise the roof" with hands
10	Jog and pretend to juggle
10	Bell Jumps - hop forward & back on the balls of your feet
10	Bend over, touch toes and then reach up high on tip toes

## Health-E-tip

**A Big Hit.** Place broccoli pieces on a roasting pan. Spray with olive oil and sprinkle on some salt. Broil in a 350 degree oven for 15 minutes.

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.