



JAMmin Minute®

| Reps | Exercise Routine: Standing |
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| 10 | Hands on hips, tap toes front, to the right then back- extend leg out & balance |
| 10 | Hands on hips, tap toes left, to the right then back—extend leg out & balance |
| 10 | Hands waist high in front, palms flat, alternate, lift knee to palm |
| 10 | Jump and Squat: Do one jumping jack followed by one squat |
| 10 | Calf raises: Hands on hip, raise up on the balls of feet and lower |

Health-E-tip

Being Kind. If you knew that being mean to others actually hurts your health and theirs, would you still do it? Practice finding the good in everyone and making positive comments to yourself about them. You will change how you treat 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. 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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