



JAMmin' Minute

Mins	Exercise Routine: Standing
1	Slight bounce as you reach right arm to punch left then left arm to punch right
1	Elbows shoulder level, lift right knee to tap elbow, then left knee to tap left elbow
1	Squats or if you have limitations, lean back in your heels, lower and hold
1	Hand on hips, reach right hand back to tap left heel, then left hand to right heel
1	Reach for your toes, hold, release then reach again, HOLD & take big breaths

Health-E-tip

You are in Charge of YOU. There are many choices when it comes to foods you can choose to eat. Treat your body right by making good healthy choices almost every time you get to make a choice. What you eat today, makes a big difference in how healthy your body is when you are older.

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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