



JAMmin Minute[®]

Reps	Exercise Routine: Standing
10	March feet, fast feet, march feet, fast feet
10	Hands on hips, lift right knee and kick heel forward, switch legs
10	Sit down, stand up, jump in place, repeat
10	Alternate: Squeeze abs & touch opposite elbow and knee
10	Calf raises: Hands on hip, raise up on the balls of feet and lower

Health-E-tip

It's March Gladness. Every morning when you wake up look in the mirror and say something good about yourself to you! It can be how good you look, how cool you are or how good you are going to do on your project or a test or the nice thing that you are going to do for someone else today.

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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