



# JAMmin' Minute<sup>®</sup>

Reps	Exercise Routine: Standing Exercises
10	Elbows out and shoulder high, alternate knee lifts to elbows
10	Bounce knees and punch elbows to the sky
10	Hands on hips, kick left foot forward then right
10	Hands on hips, balance on left foot
10	Hands on hips, balance on right foot

## Health-E-tip

**The Right Reason.** For every food you eat think about the value it brings to you. If you can't think of any value, then find something that is valuable.

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.