



# JAMmin' Minute<sup>®</sup>

Reps	Activity Routine: Standing Exercises
10	Windmill toe touches
10	Climb a ladder - lift opposite hand and leg
10	Ceiling touches - jump and try to touch the ceiling
10	Dribble and pretend to shoot a basket
10	Turn and wave and smile to everyone in the room

## Health-E-tip

**Everyone Can Be a Leader.** Be a role model to your peers and in your family by asking for more vegetables. You will be helping your health and the people around you.

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.

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