



# JAMmin' Minute

Mins	Exercise Routine: Standing
1	Warm up with a jog in place
1	Hands on hips, hop on right foot 2x then left foot 2x, then jog 4x, repeat
1	Scissor legs for 4 counts then jog for 4 counts, repeat entire series
1	Hop in place for 4 counts then hop and send arms straight up for 4 counts, repeat
1	For cool down, stand and really reach left then right arm across chest to stretch

## Health-E-tip

**May is National Physical Fitness Month.** Being fit is something EVERYONE can do and something you can do every day for the rest of your life. Therefore, we believe it's more important than playing a sport. You can run, lift weights, dance, walk or play a sport to be fit. Choose what works best for you. It may change over time but that is good, too.

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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