



JAMmin' Minute®

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Reps	Exercise Routine: What Makes You Beautiful
10	DIG: Shuffle left then right making a digging motion with both hands
10	Forward: Take 4 giant steps forward, alternating right then left foot
10	Shake Back: Lean back & shake your shoulders, left then right
10	Shake Forward: Lean forward & shake your shoulders, left then right
10	Jump: Facing forward jump backwards 4 times

Health-E-tip

A Guiding Message. This routine reminds us to find the beauty in everyone and everything that comes your way in life. If you focus on the positive you will always see the good in all that exists.

JAM Theme Song: "It Only Takes a Minute" by Bessmusic.com
Available on iTunes, Amazon & Bessmusic.com

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.