



JAMmin Minute[®]

Reps	Exercise Routine: Standing
10	High knees and punch arms up to ceiling to warm up
10	Hands on hips, kick left leg forward, then right
10	Hands on hips, jog and tap heels to your backside
10	Squat, jump up and land as quietly as you can
10	Lay on floor, hands behind head and bicycle your legs

Health-E-tip

September is National Cholesterol Awareness Month. Become educated about your cholesterol numbers, including total cholesterol, LDL (the bad), HDL (the good), and triglycerides by getting a fasting lipoprotein profile.

Beginning at age 20 everyone should have this test every 5 years.

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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