



# JAMmin Minute<sup>®</sup>

Reps	Exercise Routine: Standing
10	March in place and crisscross arms out in front
10	Shuffle feet and jab forward with left fist 3 times then right fist 3 times
10	Tighten abdominals and bring right knee to left elbow
10	Tighten abdominals and bring left knee to right elbow
10	Hold hands on abdominals and really squeeze then release muscles

## Health-E-tip

**It's Child Health Month.** Being healthy (eating right, exercising, getting enough sleep, staying happy & being a good person) are YOUR choice. When you choose to make your health important every day, you will be able to do everything to your personal best. Everyone is different. Learn to accept others for their choices but don't let others influence you with their bad habits.

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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