



# JAMmin Minute<sup>®</sup>

Reps	Exercise Routine: Stomp Out Bullying
10	Hands on hips, stomp left foot then right foot
10	Pulse hands over head, stomp and move left then stomp and move right
10	Legs spread, arms out from sides, jump up & down and punch arms out
10	Snap your fingers and hop forward, back to center then hop back
10	Touch toes then knees & then explode into the air

## Health-E-tip

**Take Action.** Let people around you know that they are special. Particularly go out of your way to help someone you think could use some special attention. Let them know you care by giving them an Inspiration Board. You can download the board here: <http://stopitcyberbully.com/movement/>

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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