



# JAMmin' Minute<sup>®</sup>

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Reps	Exercise Routine: Halloween
10	Spider Crawls: Place hands on floor and scissor legs to chest
10	Pumpkin Push-Ups: Push-ups in any position that works best for you
10	Bat Flaps: Scissor arms and legs forward and back at the same time
10	Werewolf Windmills: Arms out touch opposite fingers to opposite toes
10	Jack-O-Lantern Jumping Jacks: Jumping Jacks

## Health-E-tip

**Out of Sight, Out of Mind.** Enjoy a few pieces of your Halloween candy collection and then repurpose the rest. Donate the remaining candy to a local hospital, drop it all off at a senior living center or have your parents take it to the office.

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.