



# JAMmin Minute<sup>®</sup>

| Reps | Exercise Routine: Standing Exercises   |
|------|--|
| 10   | Pretend to jump rope   |
| 10   | Legs apart, lower, hold elbows at shoulder level, alternate: tap knee to elbow |
| 10   | Shuffle right 5 steps then shuffle back  |
| 10   | Hands on hips, run in place and kick your heels toward your bottom             |
| 10   | On floor, hold the top of pushup position                                      |

## Health-E-tip

**Practice Makes Perfect.** It's cold and cough season. You can do your part to keep others healthy by coughing into your elbow instead of your hands. Practice this 5 times right now to help make it become a habit.

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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