



# JAMmin' Minute<sup>®</sup>

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Reps	Exercise Routine: What Makes You Beautiful
<b>10</b>	<b>DIG:</b> Shuffle left then right making a digging motion with both hands
<b>10</b>	<b>Forward:</b> Take 4 giant steps forward, alternating right then left foot
<b>10</b>	<b>Shake Back:</b> Lean back & shake your shoulders, left then right
<b>10</b>	<b>Shake Forward:</b> Lean forward & shake your shoulders, left then right
<b>10</b>	<b>Jump:</b> Facing forward jump backwards 4 times

## Health-E-tip

**A Guiding Message.** This routine reminds us to find the beauty in everyone and everything that comes your way in life. If you focus on the positive you will always see the good in all that exists.

**JAM Theme Song: "It Only Takes a Minute" by Bessmusic.com**  
Available on iTunes, Amazon & Bessmusic.com

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.