



JAMmin Minute[®]

Reps	Exercise Routine: Standing
15	Warm Up: Hands on hips, lift right foot & kick heel forward up to waist level, switch sides
15	Half Jacks: Hands on hips, feet together then do jumping jacks without your arms
15	The Twister: Feet apart, knees bent, rotate your trunk right & left, letting your hands and head follow and your arms flapping with your moves
15	White Crain: Palms together over head, lift right foot up, abs tight, eyes look ahead, balance
15	Toe Touch Countdown: Reach for your toes and hold while counting down from 100 by 10's

Health-E-tip

Make This One Change. Did you know people who call other people names do worse in school and in society? It's true. If you are disrespectful to others, it's because you are not happy and should ask someone to help you get healthier. If you are someone being called a name or teased or bullied, please understand it's not about you.

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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