



**Health-E-tips<sup>®</sup>**  
**JAM School Program**

# JAMmin' Minute<sup>®</sup>

| Reps      | Activity Routine: Standing Exercises                        |
|-----------|---|
| <b>10</b> | Gentle bounce while pulsing right arm up over left shoulder |
| <b>10</b> | Gentle bounce while pulsing left arm up over right shoulder |
| <b>10</b> | Arms out like wings, kick heels up to tap your bottom       |
| <b>10</b> | Shout out your favorite veggies while punching arms up      |
| <b>10</b> | Chicken dance   |

## Health-E-tip

**It's Fig Season.** Bring some to school and have a taste test in the classroom. You can even eat the skin!

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.