



# JAM Routine

Reps	Exercise Routine: Standing
10	Hop around in a circle. Stop and turn around to go the other way
10	Lunge right and tap right foot with left hand, switch sides
10	Squat and come up to tap left elbow to right knee
10	Squat and come up to tap right elbow to left knee
10	Reach hands behind back, clasp hands together and gently lift up and hold

## Health-E-tip

**Healthy Holiday Giving.** One of the best gifts of the holidays is a gift of your time. Schedule some time for those less fortunate. It doesn't have to take much. It could be as easy as sending a letter or email, or something more such as volunteering some time at a local food pantry or senior living center.

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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