



# JAM Routine

Mins	Exercise Routine: Standing
1	Jog in place for 30 seconds then jog and pump hands over head for 30 seconds
1	Hands on hips, touch right toes with left hand then left toes with right hand
1	Arms out front, lift left knee to tap left elbow and then right knee to tap right arm
1	Get on the floor and do as many pushups as you can, in any position
1	Hands on stomach, squeeze abdominals where your hands are resting

## Health-E-tip

**New Year. Healthy You.** The celebration of the beginning of a new year is a good time to remind ourselves to take the best care we can of our own personal and mental health. Eat foods that are good for your health, get enough sleep and exercise, be the best you can be at all that you do and practice kindness to everyone around 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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