



Go Red JAMmin' Minute

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Reps	Exercise Routine: Standing Exercises
10	Jumping Jacks
10	Squat Jumps
10	Pretend you have a pogo stick....go
10	Pretend you have a jump rope....go
10	Pretend you have a basketball....shoot the hoop

See the video version on [Youtube.com](https://www.youtube.com)

Health-E-tip

It's Heart Month.

Take care of your heart.



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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