



JAMmin' Minute

| Reps | Exercise Routine: Seated |
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| 10 | Seated jumping jacks |
| 10 | Stand up from chair using only your left foot |
| 10 | Stand up from chair using only your right foot |
| 10 | Hands on hips, kick left then right leg out front |
| 10 | Hold sides of chair, put knees together, lift both feet off floor and hold |

Health-E-tip

Going Green. If you are celebrating St. Patrick's Day by wearing green, why not choose foods to match? The luck of the Irish may rest with the shamrock but good health rests with your food choices. Celebrate the day and make every day green with a spinach salad, steamed broccoli, zucchini, cucumbers, asparagus, green beans, peas, and slices of green pepper.

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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