



# JAM Blast<sup>®</sup>

Featured Athlete: **Shannon Miller**, 7 Time Olympic Medalist



Copyright © 2012, Health-E-tips, Inc.

### Shannon says:

*"It is important to maintain balance in your daily routine to strive for success in all that you do and live a healthy and fit lifestyle. Life is full of turns and twists and takes us on paths that we least expect. Through those times, you have to keep a positive attitude and never give up or back down. The outcome will prove rewarding and put you a path of growth and success. Gymnasts need to be strong and flexible. Staying active and healthy is important so that if a health issue pops up, you will be fit for the challenge."*

Occupation: Television and Radio Host, Health and Fitness Advocate    Birthday: March 10  
 Birthplace: Rolla, MO    College: University of Houston, Boston College Law School  
 Achievements: Olympic Medals – 2 Gold, 2 Silver, 3 Bronze. Only American Gymnast to be in the Top 10 All-Time gymnasts & only female to be inducted into the US Olympic Hall of Fame – Twice  
 Favorite Color: Blue    Book: The BOOK OF AWESOME    Music: Anything that gets you moving  
 Fun Fact: Shannon drove a race car in the Long Beach Grand Prix!

Mins	Train Like An Athlete
1	Hands on hips, alternate kicking left then right foot up to hip level
1	Hands on hips, lunge around the room & return to chair
1	Bend at the knees and then jump as high as you can
1	Feet about 2 feet apart with toes pointed out, on tip toes lower and lift
1	Hands clasped behind back, tighten triceps, gently lift and lower

**Eat Like An Athlete**

*"As an Olympic athlete and Mom, I know the importance of eating foods that keep your body healthy and strong. I eat 6 small, nutritious meals each day so I'm never starving and keep my calories in check by eating sweets in moderation."*

In partnership with:



Get your copy of this routine at:  
[healthtips.com/jamlibrary.php](http://healthtips.com/jamlibrary.php)

**SM SHANNON MILLER LIFESTYLE**  
 Follow Shannon's healthy living advice:  
[shannonmillerlifestyle.com](http://shannonmillerlifestyle.com)

Disclaimer: Please be advised the exercises herein may not be suitable for everyone, in any age, and this or any other exercise program may result in injury. To reduce your risk of injury please consult a physician before beginning an exercise program. The exercises presented herein are in no way a substitute for medical counseling.

[www.jamschoolprogram.com](http://www.jamschoolprogram.com)

Copyright © 2012, Health-E-tips, Inc.