



JAMmin' Minute[®]

Secs	Exercise Routine: Standing Exercises
10	Punch arms forward while marching feet
10	Jog and pretend to juggle
10	Arms out like wings, kick heels up to tap your bottom
10	Jump up and down like a pogo stick
10	Walk around, smile and high-five people

Health-E-tip

Get Engaged. During family time, find a way to shut down the electronics and have everyone actively engaged in what is going on in the group. It can be as easy as asking people to turn off their devices - just like we are required to do during a movie.

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. To reduce the risk of injury all children should consult their doctor before beginning this or any exercise program. The exercises presented herein are in no way intended as a substitute for medical counseling.