



# JAMmin' Minute<sup>®</sup>

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Reps	Exercise Routine: Standing Exercises
10	Step forward with left leg, bend knee, hammer with right hand
10	Step forward with right leg, bend knee, hammer with left hand
10	Swing left arm up in disco move while lifting up right leg
10	Swing right arm up in disco move while lifting up left leg
10	End with a big stretch, wave arms back and forth

## Health-E-tip

**InSIGHTful.** Eat carrots for Vitamin A to help your eyes!

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.