



JAMmin' Minute[®]

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Reps	Exercise Routine: Standing Exercises
10	Jumping Jacks - standing or from your chair
10	Over Head Stretch - lift arms over head, clasp hands, really reach up
10	Arm Rotations - arms out, make small circles with hands
10	Run in Place - standing or from your chair
10	2:2 Waybacks - touch toes & clap twice as you rise up & toss arms

Health-E-tip

Try it, You Might Like It. Bring a picture of your favorite vegetable to school and share it with your class. Tell your friends why you like it and what the value is to your health. Find a vegetable that they might not know about!

See the video version of this routine here: <https://vimeo.com/76162587>

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.