



JAMmin' Minute[®]

Reps	Exercise Routine: Standing Exercises
10	Jump around in a circle, then go back the other way
10	Lunge right and tap foot with opposite hand, switch sides
10	Squat and come up to tap left elbow to right knee
10	Squat and come up to tap right elbow to left knee
10	Reach hands behind back, clasp hands and gently lift up

Health-E-tip

Eat Your Way to Happiness. People who eat more than two servings of fruits and vegetables daily report being happier than those who ate less. Another glad tidings: The more produce you eat, the more your mood can improve. People who ate 7 to 8 servings of fruits and veggies were the happiest.

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.