



JAMmin Minute[®]

| Reps | Exercise Routine: Standing |
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| 10 | Toe Taps Right: Tap toes front, to the right then back |
| 10 | Toe Taps Left: Tap toes left, to the right then back |
| 10 | Hands waist high in front, palms flat, alternate, lift knee to palm |
| 10 | Jump and Squat: Do one jumping jack followed by one squat |
| 10 | Calf raises: Hands on hip, raise up on the balls of feet and lower |

Health-E-tip

Go Bananas. If you like chocolate add a banana and peanut butter or your favorite nuts for a healthier treat. Freeze a banana, cut it up and drizzle with peanut butter or your favorite nuts and top with a dab of chocolate.

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. The publishers and their experts are not liable for any injury, health impairment or accident that may befall any person using these exercise routines. To reduce the risk of injury to children, parents should consult their doctor about their child(ren) before using this or any exercise program. The exercises presented herein are in no way intended as a substitute for medical counseling.