



# JAMmin' Minute<sup>®</sup>

## Monster Mash Workout

Valley View Elementary, Columbia Heights, MN

Reps	Activity Routine: Standing Exercises
10	Frankenstein- Straight arms out front, high leg kicks to tap fingertips
10	Bat- Flap arms up and down on the sides of your body
10	Skeleton- Rattle your bones = shaking your body
10	Witch Brew- 2 hands out in front, stir the pot of witches brew, reverse
10	Scarecrow Twist- Arms straight out to the sides, twist trunk side to side

### Health-E-tip

**Healthy Halloween Ideas:** If you go trick-or-treating wear bright colors or reflective clothing. Be creative with what you hand out by dropping stickers, bouncy balls or quarters into treat bags. And, limit your candy intake to one piece a day.

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.

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