



JAMmin' Minute[®]

Reps	Activity Routine: Standing Exercises
10	Hands over head, clap 5 times to the right then 5 times to the left
10	Hands by knees, clap 5 times to the right then 5 times to the left
10	Now clap upper right, upper left, lower right, lower left
10	Snap your fingers and march
10	Arms over head, interlace fingers, palms up, lean left then right

Health-E-tip

Take Control. Halloween is over and so should be the candy party. Donate your candy to a retirement village or hospital. It's good for everyone's heart.

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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