



# JAMmin' Minute<sup>®</sup>

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Reps	Exercise Routine: Standing Exercises
10	Shopping Cart: Arms out front, march and wobble like a cart
10	Stir the Batter: Clasp hands, move arms and hips in circular motion
10	Get the Pan: Reach arms up on tip toes and pull elbows back down
10	Put it in the Oven: Squats while pumping arms out and in out front
10	Kick While Cooking: Arms out to sides, kick left then right foot forward

## Health-E-tip

**Healthy Shopping and Cooking.** Buy organic chicken (if you can), bake chicken in olive or coconut oil and always toss the skin.

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.