



JAMmin' Minute[®]

Reps	Activity Routine: Standing Exercises
10	Jumping jacks
10	Stomp left foot 3 times then stomp right foot 3 times
10	Jog and pretend to juggle
10	On floor, balance on elbows and toes, keep body in straight line
10	Hands on hips, touch right toe, lift up, touch left toe

Health-E-tip

Stacking Up. Try this easy, healthy, yummy breakfast sandwich: A slice of toasted gluten-free raisin bread, spread a tablespoon of peanut butter on the bread and layer with banana slices.

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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