



# JAMmin Minute<sup>®</sup>

Reps	Exercise Routine: Standing
10	Feet shoulder-width apart, gentle bounce & punch fists forward
10	Arms out to sides, tap shoulders while kicking left then right foot forward
10	Squat back as if sitting in a chair, raise and lower
10	Hands on hips, extend left leg back, gentle pulses up with heel, switch sides
10	Upright posture, arms at sides, fingers pointing down, crunch left then right

## Health-E-tip

**It's Bully Prevention Month.** Words and actions can be hurtful. BE KIND. Speak kindly in all that you say and write and treat others like you want to be treated. Appreciate the differences in people and always look for the good in those around you. When you are kind it makes you feel better and makes you look better, too!

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.

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