



**Health-E-tips®
JAM School Program**

JAMmin' Minute™

Reps	Workout Routine:
10	Loosen up your body by shaking your limbs
10	Hands on hips, kick right foot forward then left
10	Alternate: Move feet & punch left arm across body, then right
10	Fingertips lightly grasping chairback, squat & return
10	Fingertips lightly grasping chairback, do pliés

Health-E-tip

Helping Hands. It's a busy time of year with all the extra things to do and get done. Take the initiative and offer your assistance to lend a helping hand to friends and family members.

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.