



**Health-E-tips®
JAM School Program**

JAMmin' Minute™

Reps	Workout Routine: Seated Exercises
10	Clap hands over head while marching feet
10	Squeeze abs while tapping left then right elbow on desk
10	Left leg pointed out, write A-M with your big toe
10	Right leg pointed out, write N-Z with your big toe
10	Laugh really loud

Health-E-tip

Start Out Right. Winter break is upon us. Keep active. Limit TV and computer time to one hour a day. Make vegetables the primary focus of your meals. Most importantly, be thankful for good health and all that you have.

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.