



**Health-E-tips®  
JAM School Program**

# JAMmin' Minute™

Reps	Workout Routine: Standing Exercises
10	March in place and punch arms out front
10	Pump arms and jog in place
10	Take a giant step forward, lower slowly, return slowly
10	Hands on hips, touch right toe, lift up, touch left toe
10	Hands on hips, reach right then reach left

## Health-E-tip

**Try Your Hardest and Take Pride in Your Work.** Take time with your schoolwork and do the best you can. If you don't understand something, ask for help. As long as you know you have done your very best, you will always feel good about what you accomplish.

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.