



JAMmin' Minute[®]

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Reps	Workout Routine: Sports Clips
10	Jog in Place
10	Pretend to shoot a basketball-dribble then shoot
10	Move like a defensive player-hands up & shuffle feet
10	Jumping Jacks
10	Step and Kick-pretend-take a step & kick a ball

Health-E-tip

There are "sometimes foods" and "anytime foods." Sometimes it is okay to treat yourself to a chocolate chip cookie. However, you can eat fruits and vegetables anytime!

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.