



# JAMmin' Minute®

Reps	Workout Routine: Standing Exercises
10	Skip around the room & return to your desk chair
10	Three (3) hops to the right then 3 back
10	Alternate: Squat and lift left knee, squat then lift right knee
10	Balance on left foot with arms out like wings
10	Balance on right foot with arms out like wings

## Health-E-tip

**Berry Delightful.** Make plain oatmeal, toss in some cut up some strawberries and add a splash of fat-free vanilla flavored dairy creamer.

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.