



JAMmin' Minute[®]

*Authored by: The Wild Sharks
St. Stanislaus Parish - Lansdale, PA*

Reps	Workout Routine: Standing Exercises
10	Jumping Jacks
10	Pretend Hula Hooping
10	Run in Place
10	Crab Walk
10	Pretend Shooting a Basket

Health-E-tip

Color is Healthier. Make sure you eat all different colors of food.

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.