



Health-E-tips®
JAM School Program

JAMmin' Minute®

Reps	Workout Routine: Seated Exercises
10	Touch toes, then knees, then over head
10	Alternate, lift leg and clap underneath
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	Stand up - sit down (squat)

Health-E-tip

Try crunchy vegetables instead of chips with your favorite dip or low-fat salad dressing.

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.