



Health-E-tips™

making each day a little healthier

A JAMMIN' MINUTE

Reps	Workout Routine: Seated Exercises
10	Hands on hips, criss-cross legs in and out
10	Punch arms up above shoulders
10	Opposite elbow-to-knee touch
10	Left leg out, touch foot with both hands, hold
10	Right leg out, touch foot with both hands, hold

Health-E-tip

Get Cheesy. Cottage cheese is a great way to get calcium AND protein.

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.