



Health-E-tips™

making each day a little healthier

A JAMMIN' MINUTE

Reps	Workout Routine: Standing Exercises
10	Face chair, tap toes on chair
10	Hands on hips, knee lifts
10	Squat, then "shoot the hoop"
10	Tap your bottom on chair and stand up
10	Crouch down and balance on the balls of feet

Health-E-tip

If you have a hard time falling asleep at night, avoid caffeinated drinks at least 8 hours before bedtime.

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.