



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	Use right leg only, stand up, sit down
10	Use left leg only, stand up, sit down
10	Hold chair, pull knees to chest
10	Squeeze your bottom tight

Health-E-tip

Your body is better at absorbing vitamins and minerals from foods than it is at getting them from supplements or a vitamin. Eat a variety of foods to get all the nutrients you need.

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.