



**Health-E-tips™**

*making each day a little healthier*

## A JAMMIN' MINUTE

Reps	Workout Routine: <b>Standing Exercises</b>
<b>10</b>	<b>Dance in place</b>
<b>10</b>	<b>Feet together, hop forward and back</b>
<b>10</b>	<b>Feet together, hop side-to-side</b>
<b>10</b>	<b>Lift left knee up and balance</b>
<b>10</b>	<b>Lift right knee up and balance</b>

### Health-E-tip

Take me out to the ball game. It is baseball season and we all enjoy eating the ballpark fare. You can keep from overeating by sharing your food choices with your sporting companion.

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.