



Health-E-tips™

making each day a little healthier

A JAMMIN' MINUTE

Reps	Workout Routine: Seated Exercises
10	Raise right knee, tap toes
10	Raise left knee, tap toes
10	Hands on shoulders, bend side-to-side
10	Arms forward, criss-cross over and under
10	Lift knees, kick both feet forward

Health-E-tip

The swine flu. Keep protected: Wash your hands often—all day long! Cough and sneeze into your elbow. Stay home if you are sick and limit contact with others.

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.