



Health-E-tips™

making each day a little healthier

A JAMMIN' MINUTE

Reps	Workout Routine: Standing Exercises
10	Shuffle left 5 steps, then right 5 steps
10	Jump forward and back
10	Heel taps-right then left foot
10	Pretend jump rope
10	Reach down and touch toes

Health-E-tip

Shake the habit. The amount of salt we need is found naturally in the foods we eat. Don't salt your food and when you are eating out, ask the server to have your food prepared without salt.

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.