



Health-E-tips™

making each day a little healthier

A JAMMIN' MINUTE

Reps	Workout Routine: Standing Exercises
10	Dance in place
10	Alternate: Touch opposite hand to foot
10	Hands on hips, lift right leg out to side
10	Hands on hips, lift left leg out to side
10	Hands together over head, lift and lower body

Health-E-tip

Help plan fun family activities. When you have a family gathering, put your leadership skills to work and organize some sack races, freeze tag, horseshoes, or relay races.

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.