



Health-E-tips™

making each day a little healthier

A JAMMIN' MINUTE

Reps	Workout Routine: Standing Exercises
10	Hands on hips, knee lifts
10	Shuffle left 5 steps, then right 5 steps
10	Stick your right foot out and shake it
10	Stick your left out and shake it all about
10	Shake your whole body

Health-E-tip

Reading and learning are two of the best things you can do for your brain. Read books, newspapers and magazines all summer break. Swap with friends to save money.

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.