



Health-E-tips™

making each day a little healthier

A JAMMIN' MINUTE

Reps	Workout Routine: Standing Exercises
10	Face chair, tap toes on chair
10	Hands on hips, hop on both feet
10	Feet together, hop forward and back
10	Squat, then "shoot the hoop"
10	Arms at side, bend forward and hold

Health-E-tip

By weight, kiwifruit has more vitamin C than an orange and more potassium than a banana.

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.