



**Health-E-tips®**

*making each day a little healthier*

# JAMmin' Minute

Reps	Workout Routine: Standing Exercises
10	Hands on hips, knee lifts
10	Hands on hips, hop on both feet
10	Right foot flexed, lift leg out to side and return
10	Left foot flexed, lift leg out to side and return
10	Reach down and touch toes

## Health-E-tip

Change is good. Evaluate your eating habits and find one new healthier habit to adopt or one to give up. Write it down and review it on the first day of each month.

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.