



*making each day a little healthier*

# JAMmin' Minute

Reps	Workout Routine: Seated Exercises
10	Hands on hips, tap toes on floor
10	Tap left then right elbow on your desk
10	Opposite elbow-to-knee touch
10	Stand up, jump and sit down
10	Squeeze your bottom tight

## Health-E-tip

**Lighten Up.** If your omelet calls for 4 eggs, use 2 whole eggs and 2 egg whites.

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.