



Health-E-tips®

# JAM Blast

## Live Like an Athlete

Staying healthy all year long is a way of life. If you want something in life, you have to work at it and work hard. Being healthy is a choice and takes daily commitment. Choosing to stay fit and eat healthy will help you do and be your very personal best. It is the choice for a long, healthy life.

Mins	Train Like an Athlete
1	Stand facing chair, tap right then left foot on seat
1	Balance on left foot, lower and raise back up using left leg
1	Balance on right foot, lower and raise back up using right leg
1	Feet together, lower into "chair position" and hold
1	Bend forward, reach for toes and hold

Strong legs give you the power to run, jump, start, stop and accelerate at the highest levels.

## Eat Like an Athlete

*Foods give us the perfect combination of fuel that we need! Eat oatmeal and fruit for breakfast, make it lean turkey breast and salad for lunch, and have fish, vegetables and brown rice for dinner.*



JAM Blast proudly supported by **NBA FIT**

NBA FIT challenges you to GET HEALTHY and to make JAM Blast a part of each day. Visit the NBA FIT Team online to see what your NBA players are saying and doing to eat healthy and stay active each day and to learn about FIT initiatives in your area at: [nba.com/nbafit](http://nba.com/nbafit).

Get your copy of this routine:

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