

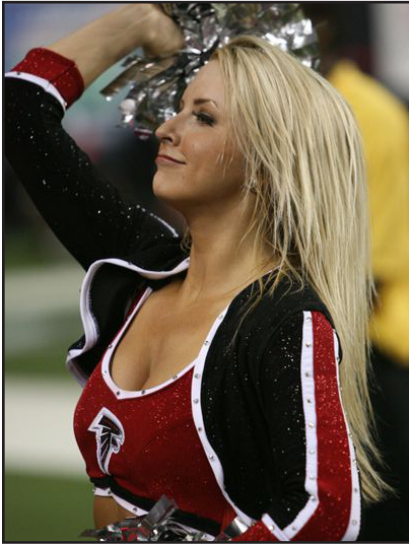


Health-E-tips®

# JAM Blast

Featured Athlete:

**Erika**, Cheerleader/Atlanta Falcons



*Erika says:*

*“Maintaining a healthy lifestyle will only enhance your life. Staying active and eating right makes you feel and look better! It gives you energy to keep going even when you are tired. Being healthy allows you not only to be physically strong, but mentally too. Maintaining a healthy lifestyle is important for your health as you get older.*

Name: Erika Team: Atlanta Falcons Birthday: March 4  
Birthplace: Cedar Rapids, IA College: Iowa State University Favorite Color: Red  
Favorite Book: Love is a Mix Tape Movie: The Notebook Music: Anything!  
Fun Fact: Dancing since 3 years old Childhood Aspiration: Go to Harvard

*I really like yoga and pilates. I believe stretching at the end of my workout is really important to lengthen muscles and remain flexible.”*

## Mins Train like an Athlete

.5	Reach right arm up by ear and gently lean left, hold
.5	Reach left arm up by ear and gently lean right, hold
1	Lift up on tip toes, hold
1	Bend at waist and reach for your toes, hold
1	Hands in prayer position behind back, hold

## Eat Like an Athlete

*“I eat a lot of fruits and vegetables and yogurt for protein. I never deprive myself of other foods I love, I just eat them in moderation.”*

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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.

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