



JAM School Program

JAMmin Minute[®]

Reps	Exercise Routine: Seated
10	Crisscross arms out in front while tapping toes on floor
10	Sit on edge of chair, hands on hip, kick left then right foot forward
10	On edge of chair, point left leg out and write your full name with your big toe
10	On edge of chair, point right leg out and write the alphabet with your big toe
10	Sit up tall, point fingertips down to floor at sides, lean left then lean right

Health-E-tip

Get a Jump on Homework. Before starting your homework assignment(s), do a quick JAMmin' Minute routine, or jumping jacks or put on your favorite dance music and dance. Moving your body before learning helps you focus more and helps you remember what you are learning about.

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. The publishers and their experts are not liable for any injury, health impairment or accident that may befall any person using these exercise routines. To reduce the risk of injury to children, parents should consult their doctor about their child(ren) before using this or any exercise program. The exercises presented herein are in no way intended as a substitute for medical counseling.

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