



# JAMmin' Minute®

Reps	Exercise Routine: Seated Exercises
<b>10</b>	Hands on hips, knees touch - tap toes then extend legs out
<b>10</b>	Arms over head, spread legs and put heels on floor, tap heels
<b>10</b>	Arms over head, spread legs with heels on floor, draw elbows to knees
<b>10</b>	Alternate, reach left hand toward 2 o'clock and right hand toward 10
<b>10</b>	Sit up tall and place palms together behind back, big deep breaths

## Health-E-tip

Eat Your Spinach. Spinach is packed with powerful nutrients and is an excellent source of folate, vitamin A, iron and vitamin K. Use spinach as a leafy green in salads or as your "lettuce" on your sandwiches. Or, sauté and serve with your meal.

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.