

## **JAMmin Minute®**

Reps	Exercise Routine: Standing
10	Toe Taps Right: Tap toes front, to the right then back
10	Toe Taps Left: Tap toes left, to the right then back
10	Hands waist high in front, palms flat, alternate, lift knee to palm
10	Jump and Squat: Do one jumping jack followed by one squat
10	Calf raises: Hands on hip, raise up on the balls of feet and lower

## Health-E-tip

<u>Go Bananas.</u> If you like chocolate add a banana and peanut butter or your favorite nuts for a healthier treat. Freeze a banana, cut it up and drizzle with peanut butter or your favorite nuts and top with a dab of chocolate.

Dischiner: Please be advised the exercises harecorder may eat be suitable for ecorpora, in every aga, and this or any other exercise program may result in injury. The publishers and their experts are not labely for any liquiry, health impairment or accident that may bette my parson using these coveries coulines. To roduce the dot of laying to cliddres, peneda should consult that should consult that should consult their debtter should consult that should consult their debtter should be to support the consultance of their debtter should consult their debtter should consult their debtter should be supported by the consultance of their debtter should be supported by their should be supported by their debtter should be supported by their should be supporte

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