



# JAM Routine

Reps	Exercise Routine: Standing
10	Elbows out and shoulder high, lift left then right knee up to tap elbows
10	Squat then explode up into the air
10	March and punch arms forward
10	Squat and come up to tap right elbow to left knee
10	Arms out to sides, lift knee to chest and balance, hold then switch legs

## Health-E-tip

**Oatmeal All Day.** Oatmeal is a great way to start your day. The fiber content helps you feel full and stay full longer. Oatmeal is also known to help lower LDL (bad) cholesterol. You can cook it on the stove, in the microwave or in a slow cooker. Make healthy oatmeal cookies for a family snack, to put in your lunch bag or to take to work instead of doughnuts.

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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