



# JAMmin' Minute<sup>®</sup>

Reps	Activity Routine: Standing Exercises
10	Punch arms forward while marching feet
10	Hands behind ears, standing crunch, squeeze and pulse abs
10	Hands behind ears, bend waist and fall forward to knees, return
10	Arms out front, lower and touch backside to heels, return
10	Hang forward toward toes, grasp elbows and hold

## Health-E-tip

**The Best Foods for Your Skin.** Kale, almonds, Greek yogurt, halibut, grapes and olive oil.

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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