



# JAMmin' Minute®

## Arcadia School, IL

Reps	Activity Routine: Standing Exercises
<b>10</b>	Turkey Trot: High knees
<b>10</b>	Run in place
<b>10</b>	Jumping jacks
<b>10</b>	Go to the wall and do pushups off the wall
<b>10</b>	Sit ups

### Health-E-tip

**A Thankful Day.** Load up on vegetables and fruits for your Thanksgiving meal to show your respect for your health. After your dinner, create some family fun such as a walk or a game of basketball, soccer or flag football.

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.

[www.jamworldrecord.org](http://www.jamworldrecord.org)



**Health-E-tips®**  
**JAM School Program**

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