



# JAMmin' Minute®

| Reps      | Activity Routine: Seated Exercises                                |
|-----------|---|
| <b>10</b> | Face your desk and lift your left then right foot up to tap edge  |
| <b>10</b> | Lay your feet on your desk, touch left hand to right toes, switch |
| <b>10</b> | With feet on desk, hands behind head, squeeze & pulse abs         |
| <b>10</b> | Keep left leg straight on desk, grab left foot and hold           |
| <b>10</b> | Keep right leg straight on desk, grab right foot and hold         |

## Health-E-tip

Being active every day will help keep you healthy and you will live longer. Make activity a daily habit.

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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**Health-E-tips<sup>®</sup>**  
**JAM School Program**

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