<table>
<thead>
<tr>
<th>Reps</th>
<th>Exercise Routine: Standing Exercises</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Hold wide squat, dangle hands, make fists, lead w/elbows to crunch up</td>
</tr>
<tr>
<td>10</td>
<td>Clasp hands out front, lock elbows &amp; feet, rotate arms left then right</td>
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<tr>
<td>10</td>
<td>Hands out front, squat and return keeping your toes up, heels on floor</td>
</tr>
<tr>
<td>10</td>
<td>On floor, balance on elbows &amp; toes, hold</td>
</tr>
<tr>
<td>10</td>
<td>On floor on belly, extend arms, lift toes &amp; arms about 2 inches off floor</td>
</tr>
</tbody>
</table>

**Health-E-tip**

A Healthy Daily Thought. Always remember that we are all unique and we all need to respect and appreciate the differences in people. Believing otherwise is not being YOUR very best.

**JAM Theme Song: “It Only Takes a Minute” by Bessmusic.com**
Available on iTunes, Amazon & Bessmusic.com

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.