



**Health-E-tips®**  
*making each day a little healthier*

# Movin' Minute™

Reps	Workout Routine: Seated Exercises
10	Stand up, squat down to tap bottom on chair, stand up
10	Tighten midsection, touch opposite elbow to knee
10	Right leg pointed, write letters A-M with toe
10	Left leg pointed, write letters N-Z with toe
10	Hold chair, pull knees to chest

## Health-E-tip

**Thrive on Five.** When deciding which cereal to have in the morning, choose one that has at least 5 grams of fiber per serving, 7 is even better.

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.