



**Health-E-tips**<sup>®</sup>  
*making each day a little healthier*

## A Movin' Minute

Reps	Workout Routine: Standing
10	Circle around your chair
10	Touch: Toe then knee then shoulder
10	March in place
10	Hands on hips, move side-to-side
10	On tip toes, hold

### Health-E-tip

Substitute sweet potatoes for regular baked potatoes or fries. You will get more Vitamin A.