

JAM School Program

Health and Wellness Tools for Schools

"Reducing inactivity is the single most promising opportunity to improve the health of the population at large." World Health Organization, 2012

We are all facing the challenge of adding more physical activity and health education into an already packed school day. To help ease that burden, we found the JAM School Program. JAM provides easy, FUN physical activity routines and simple healthier habit ideas we can use to get our students up and moving more each day and learning how to make health and activity a daily habit.

The JAM Program offers three resources that can be found in their online library that we can access anytime. Link: www.healthetips.com/jamlibrary.php

In the library you will see the following for our use:

- **JAMmin' Minute Routines:** A one-page health sheet that includes a simple, fun physical activity routine and healthier habit idea. The routines are easy enough that adults and students can do them and lead them. JAM provides a new routine every week. Schools use them inside classrooms, over the PA system, on the black top before school and in many other creative ways.
- **JAM Blast Resource:** Athlete-authored health sheets for schools. Each issue features an athlete delivering a healthy living and eating messages, some fun facts, and a 5-minute physical activity routine.
- **Health-E-tips Monthly Newsletter:** A one-page health newsletter filled with healthier daily habit ideas. A monthly issue is available for our use or to send home.

JAM publishes a weekly newsletter so if you want to receive their publications that include school success stories, JAM Good Ideas and the link to the JAM Library, you can sign up here: www.jamschoolprogram.com.

September 26. JAM has an annual physical activity campaign where all of the JAM schools lead and invite parents and their communities to stop and JAM for a minute, wherever you are, and they set a record for the most people JAMmin' on that day. We can participate as a group or individually in each classroom. There is a national competition and the state that gets the most participation (as a % of their population) wins the JAM title. You can sign up to count in our state's and their world record at www.jamworldrecord.org.

Author a JAM Routine. As a fitness project, you can have your group choreograph a JAM routine. Come up with 5 fun exercises and a favorite health tip then submit your routine to JAM and they will feature your group as the national issue of the week to their schools of over 22,000 with 10 million students.

JAM is a free program and relies on fans. So, if you use facebook, give them a like.

Enjoy and have fun JAMmin'!



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www.jamschoolprogram.com