TENUP

ABOUT THE STRAIGHTEN UP PROGRAM

Straighten Up is an enjoyable 3 - minute spinal health program designed to help you feel and look your best.



BASIC RULES:

- 1. Think positively
- Straighten Up. Stand tall with confident Inner Winner posture (ears, shoulders, hips, knees & ankles should be in a straight line.)
- 3. Breathe calmly, deeply & slowly from your stomach region.
- 4. Move smoothly. Do not jerk or hounce

TAKE CARE: Check with your chiropractor or other health care provider before beginning Straighten Up to make sure the exercises are appropriate for your specific needs.

If you experience recurring, sharp or shooting pain at any time, STOP and report to your chiropractor or other health care provider. You may need to modify the exercises.

Practice Straighten Up daily as an important feature of an active healthy lifestyle.

Straighten Up Healthy Adult Version is a 3 minute spinal health program designed to help adults feel and look their best.

The program is divided into three quick sessions:

A. STARS SERIES WARM UP,
B. FLYING FRIENDS POSTURE POD
C. CORE BALANCE & WRAP-UP.

Adults can easily learn these daily exercises for promoting their spinal health, improving their posture and preventing spinal problems.



Straighten Up Australia is a community service initiative of the Chiropractors' Association of Australia (National) Limited

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For more information visit www.straightenupaustralia.com.au
Tollfree 1800 075 003

Fitness Fun for Everyone...



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EXERCISES START HERE

A. STAR SERIES WARM UP

- · 1 Straighten up. Stand tall in the Inner Winner posture. Ears, shoulders, hips, knees & ankles should be in a straight line.
- · Pull your belly button in towards your spine.
- · 2A From the Inner Winner posture, spread your arms and leas into the Star. 2A. Star
 - Facing forward, place one hand in the air with the other at your side.
 - 2B Breathe in as you slowly stretch one arm overhead, while slowly bending your entire spine 1. Inner to the opposite side and Winner sliding the other hand down your thigh. Relax at the end of the stretch, breathing out and in again. Perform slowly twice to each side. Easy does it.
- · 3 In the Star position with belly button drawn inwards, gently turn your head to look at one hand. Slowly twist your entire spine to watch your hand as it goes behind you. Relaxing in this position breathe out and in.
- Perform slowly twice to each side. Enjoy the slow gentle stretch.
- 4A From the Star position, raise your arms in



your right elbow and left knee.

- alternate sides for 15 seconds. Breathe freely. Enjoy.
- Individuals with balance disorders should use caution

B. FLYING FRIENDS POSTURE POD

- Breathe deeply & calmly relaxing your stomach region.
- 5A Let your head hang loosely forward, and gently roll it from one side to the other.
- 5B Using your fingers, gently massage the area just below the back of your head. Move down to the base of your neck.
- 5C Then relax your shoulders & slowly roll them backwards & forwards. Enjoy for 15 seconds.



6. The Eagle

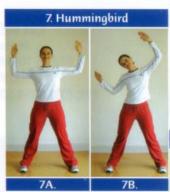


8. Butterfly

· 7A - Next, make small backwards circles with your hands and arms drawing your shoulder blades together.

out. Perform 3 times.

7B - Sway gently from side to side in the Humminabird. Enjoy for 10 seconds.



8 - Place your hands behind your head & gently draw your elbows backwards. Slowly and gently press your head backwards & resist with your hands for a count of 2 and release. Breathe freely. Perform 3 times.

6 - In the Inner Winner posture, bring your arms out

to the sides and gently draw your shoulder blades

together. Breathe in as you slowly raise your arms,

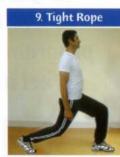
Slowly lower your arms to your sides as you breathe

touching your hands together above your head.

· Now relax your neck. Gently massage the back of your neck & head as you relax your stomach region with slow, easy breathing.

C. CORE BALANCE & WRAP UP

- · 9 Stand in the Inner Winner position with your belly button drawn in. · Take a step forward as if on a tight rope.
- Make sure your knee is over your ankle and not over your toes. Allow the heel of your back foot to lift. Balance in this position for 20 seconds. Repeat on the opposite side.



10. Banging the Gong



- 10 Standing tall in Inner Winner posture with your feet wider than shoulders, gently rotate your trunk from side to side. Easy does it.
- Let your arms flop loosely, as you shift your weight from knee to knee.
- Swing gently from side to side. Breathe calmly and deeply. Enjoy for 15 seconds.
- · 11 Stand in the Star position. keeping your stance wide with your belly button in.
- · Turn your foot outward as you shift your weight to one side. Feel the groin area gently stretching. Place your knee over ankle and elbow above your knee as you



11. Extending the Sword

12. Shaking It Loose



- extend your arm, torso. and ribs. Easy does it.
 - Older adults should place their hand (instead of elbow) on their knee. Stretch for 10 seconds to each side.
 - 12 Shake limbs loosely for 15 seconds.
 - This one is pure fun.





2B. Tilting Star



position. 4B - Bring your left elbow across your torso toward your right knee. Repeat the movement using

Remain upright as you continue to

if attempting this exercise.