

## START HERE

Hi, Boys and Girls!



We're Vibes and Vinnie, and we're excited to help you learn how to take care of your spine. We will show you some exercises you can do every day, called **Straighten Up Australia**®

First, let's let Vinnie teach you how to become an **INNER WINNER**:

- \* Stand straight & tall with your head high.
- \* Put your ears, shoulders, hips, knees, and ankles in a straight line like Vinnie.
- \* Pull your belly button in toward your spine.



...and Vibes has an exercise you can do between others, called the **TRAP OPENER**:



- \* Breathe deeply & calmly. Relax your tummy.
  - a. Let your head hang loosely forward, and gently roll it from one side to the other.
  - b. Using your fingers, gently rub the area just below the back of your head on your neck.
- c. Relax your shoulders & roll them backward and forward.

Do each exercise for the count of 15!

Now go to section #1 (**THE STARS**) and start with the **TILTING STAR** exercise. ...and remember to **HAVE FUN!**

## ABOUT THE Straighten Up PROGRAM

Straighten Up Healthy Child Version is a 3-minute spinal health program designed to help children feel and look their best. The program is divided into three quick sessions: The Stars (warm-up), the Flying Friends (posture pod), and the Core Balance (wrap-up). Through the help of two friends, Vibes and Vinnie, children can learn these daily exercises for promoting their spinal health, improving their posture, and preventing spinal problems.

Are these Exercises suitable for your child?

### PARENTS, PLEASE READ:

**TAKE CARE:** Straighten Up Healthy Child Version is a program that your child can use daily to promote a healthy spine. The exercises are designed for healthy children. Check with your chiropractor or other health care provider before starting this program to make sure the exercises are appropriate for your child's specific needs.

# Straighten Up Australia



## Fitness Fun for Everyone

### Healthy Child Version



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

Worldwide Straighten Up initiative is being co-ordinated by Life University, USA.

More information on  
[www.straightenupaaustralia.com.au](http://www.straightenupaaustralia.com.au)

Tollfree 1800 075 003

## Mum and Dad:

Please read the notice on the back of this brochure before letting your child start the Straighten up program.

# Straighten Up

Netherlands Sweden England Japan  
 Uruguay Canada  
 Brazil America Australia Mexico France  
 Switzerland Africa China India Germany

## 1. THE STARS



- \* Become an **INNER WINNER!** (Head up high & pull your belly button in.)
- \* Spread your arms and legs into a star.
- \* Breathe air in as you slowly stretch one arm over your head...

...and slide your other arm down your leg.

- \* **SLOWLY** tilt your star to the other side.
- \* Relax at the end of the stretch, and **DON'T FORGET TO BREATHE IN AND OUT!**
- \* Repeat both sides 2 times!



**TILTING STAR**

- \* Become an **INNER WINNER!** (Head up high & pull your belly button in.)
- \* While you are in the star position, turn your head to look at one hand.
- \* Slowly twist your entire spine to watch your hand as it goes behind you.
- \* Relax at the end of the stretch, and **DON'T FORGET TO BREATHE IN AND OUT!**
- \* Repeat both sides 2 times!



**TWIRLING STAR**



- \* Become an **INNER WINNER!** (Head up high & pull your belly button in.)
- \* Raise your arms in "hands up" position.
- \* Bring one of your elbows across your body while you raise the opposite knee toward it.

- \* Now bring the other elbow across your body while you raise your other knee toward it.
- \* Keep it going while you count to 15!

**TWISTING STAR**



Relax and breathe.

**You're Doing Great!**

## 2. THE FLYING FRIENDS



**THE EAGLE**

- \* Become an **INNER WINNER!** (Head up high & pull your belly button in.)
- \* Put your arms straight out and pull your shoulders together in the back.
- \* Breathe air in and slowly raise your arms until your hands touch together over your head.
- \* Breathe air out and slowly lower your arms to your side.
- \* Repeat 3 to 5 times.

- \* Become an **INNER WINNER!** (Head up high & pull your belly button in.)
- \* Put your arms out to the sides with your hands up and pull your shoulders together in the back.
- \* Make small backward circles with your hands and arms.



**THE HUMMINGBIRD**

- \* Bend at your waist from side to side while you keep the circles going.
- \* Keep it going while you count to 10!



**THE BUTTERFLY**

- \* Become an **INNER WINNER!** (Head up high & pull your belly button in.)
- \* Put your arms behind your head and gently pull your elbows backward.
- \* Slowly and gently press your head backward against your hands while you count to 2.
- \* Relax and breathe.
- \* Repeat this 3 times!

Do some **TRAP OPENERS** like Vibes showed you on the first page.

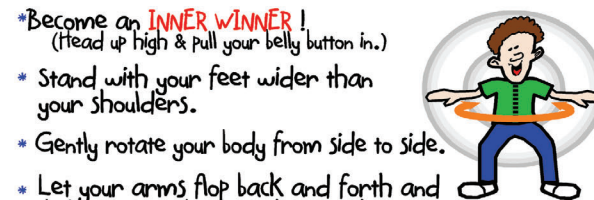
**GOOD JOB!**

## 3. CORE BALANCE/ WRAPS



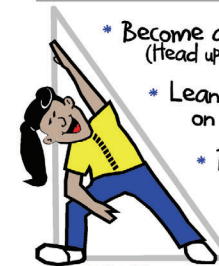
**TIGHT ROPE**

- \* Become an **INNER WINNER!** (Head up high & pull your belly button in.)
- \* Pretend the floor in front of you is a tight rope high in the air. (**NEVER** try this on a real rope !!!)
- \* Take a step forward on the tight rope.
- \* Keep your front knee over your ankle (not over your toes).
- \* Keep it going while you count to 20!
- \* Repeat with the other foot forward.



**BANGING THE GONG**

- \* Become an **INNER WINNER!** (Head up high & pull your belly button in.)
- \* Stand with your feet wider than your shoulders.
- \* Gently rotate your body from side to side.
- \* Let your arms flop back and forth and shift your weight from knee to knee.
- \* Keep it going while you count to 15!



**THE TRIANGLE**

- \* Become an **INNER WINNER!** (Head up high & pull your belly button in.)
- \* Lean to one side until your elbow can rest on your bent knee.
- \* Breathe air in and slowly raise your other arm above your head so your body makes a triangle (like Vibes).
- \* Feel the stretch in your body.
- \* Count to 10 and do the other side!



**THE SHAKES**

count to 15 while you shake your hands & feet.

**It's been fun - we are Done!**

