

# TEN UP L I A

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



#### **BASIC RULES:**

1. Think positively
2. 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 bounce.

**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.*

## ABOUT THE STRAIGHTEN UP PROGRAM

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

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

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*For more information visit  
[www.straightenupaustralia.com.au](http://www.straightenupaustralia.com.au)  
Tollfree 1800 075 003*

# STRAIGHTEN UP A U S T R A L I A

*Fitness Fun  
for Everyone...*



**HEALTHY ADULT VERSION**

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# STRAIGHTEN UP

## A U S T R A L I A

Fitness Fun  
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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.



1. Inner Winner

- **2A** - From the **Inner Winner** posture, spread your arms and legs into the **Star**.

2A. Star



2B. Tilting 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 to the opposite side and 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.

3. Twirling Star



- **4A** - From the **Star** position, raise your arms in hands up position.

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

- Remain upright as you continue to alternate sides for 15 seconds. Breathe freely. Enjoy.

- **Individuals with balance disorders should use caution if attempting this exercise.**

4A. Hands up

4B. Twisting Star



#### 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.

5. Trap Openers



5A.

5B.

5C.

6. The Eagle



- **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, touching your hands together above your head. Slowly lower your arms to your sides as you breathe out. Perform 3 times.

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

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

7. Hummingbird



7A.

7B.

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



8. Butterfly

#### 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.

9. Tight Rope



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

- 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.

11. Extending the Sword



12. Shaking It Loose



**We are done!**