

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 into 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 and calmly. Relax your tummy.

- a. Let your head hang loosely forward, & gently roll it from one side to the other.
- b. Using your fingers, gently rub the area just below the back of your head and neck.
- c. Relax your shoulders and 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!

## Fitness Fun For Everyone



Straighten Up Australia (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).

### Are these exercises suitable for my child?

Straighten Up Australia (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 local CAA member chiropractor or other health care provider before starting this program to make sure the exercises are appropriate for your child's specific needs.

**Parents** — grab a copy of the SUA adult's exercise program and perform Straighten Up with the whole family!



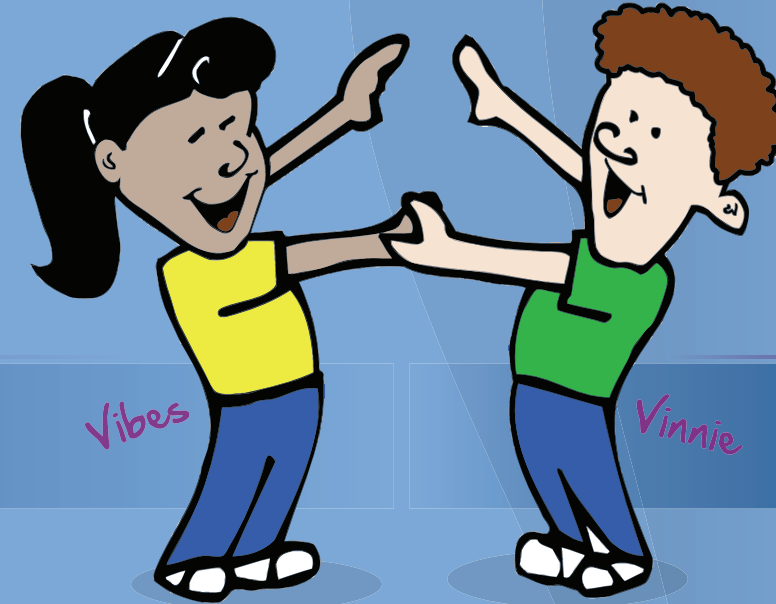
For more information visit [www.straightenupaustalia.com.au](http://www.straightenupaustalia.com.au) or contact the Chiropractors' Association of Australia tollfree on 1800 075 003



Straighten Up Australia is a community service initiative of the Chiropractors' Association of Australia (National) Limited.  
ABN 50 050 096 038

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# Straighten Up AUSTRALIA



## Fitness Fun For Everyone

Through the help of two friends, Vibes and Vinnie, children can learn this fun 3 minute daily exercise program for improving their posture and promoting long term spinal health.

Healthy Child Version



**Guardian, Mum & Dad please note before letting your child start the program:**  
Are these exercises suitable for your child? Straighten Up Australia (Healthy Child Version) is a program that your child can use daily to promote a healthy spine. The exercises are designed for healthy children. CAA accepts no responsibility for loss or injury to your child for undertaking this program. CAA strongly recommends that you check with your local CAA member chiropractor or other health care provider before starting this program to make sure the exercises are appropriate for your child's specific needs.

# 1 The Stars



## TILTING STAR

- 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!



## TWIRLING 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!



## TWISTING 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!

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.



## THE HUMMINGBIRD

- 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.
- 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 elbow 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



## TIGHTROPE

- 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.

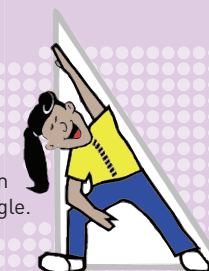


## BANGING THE GONG

- 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.
- 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!*

**Straighten Up**  
AUSTRALIA