

Start Here

Hi boys and girls!



We're Katie and Connor and we're excited about helping you learn how to take care of your spine. We will show you some exercises you can do every day called

Straighten Up

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

- Stand straight and tall with you head high
- Put your ears, shoulders, hips, knees and ankles in a straight line like Connor
- Pull your belly button in towards your spine



...And Katie has an exercise you can do between others called the **TRAP OPENER**:

- Breathe deeply & calmly; relax your tummy
- Let your head hang loosely forward & gently roll it from one side to the other
- Using your fingers, gently rub the area just below the back of your head on your neck
- Relax your shoulders & roll them backwards and forwards...Keep doing this while you count to 15!



Now go to part 1, **The Stars**, & start with the **TILTING STAR** exercise.... And remember to **HAVE FUN!**

About the Straighten Up Scotland® Programme

Straighten Up Healthy Child Version is a 3-minute spinal health programme designed to help children feel and look their best.

The programme is divided into three quick sessions:
The Star (warm up)
The Flying Friends (posture pod)
The Core Balance (wrap up)

Through the help of two friends, Katie and Connor, children can learn these daily exercises for promoting their spinal health, improving their posture, and preventing spinal injury. By promoting balance, strength and flexibility in the spine, the risk of getting problems with your child's back now and in the future can be substantially reduced.

Parents please Read:

Notice: The following exercises are designed for healthy children. If your child has a disorder or disability which limits activity and movement, please check with your Chiropractor to make sure this programme is appropriate for your child's specific needs. Your Chiropractor may also help you adapt this program for your child's use. If any exercise causes sharp or shooting pain your child should stop the activity and let an adult know that they have a problem with the exercise.



For more information, please contact the Scottish Chiropractic Association at admin@sca-chiropractic.org

Straighten Up Scotland®



Fitness Fun
for Everyone!

Healthy Child Version

Grown-Ups

Please read the information on the back of this leaflet before your child starts the Straighten Up Programme

Straighten Up Scotland

1. The Stars



- Spread your arms & 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 & DON'T FORGET TO BREATHE IN & 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 you hand as it goes behind you

- Relax at the end of the stretch & DON'T FORGET TO BREATHE IN & 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 towards it

- Now bring the other elbow across your body while you raise your other knee towards it

• Repeat this 15 times

Twisting Star



Relax and Breathe

YOU ARE 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 & pull your shoulders together at the back
- Breathe air in & slowly raise your arms until your hands touch together over your head
- Breathe air out & slowly lower your arms to your side
- Repeat 3 to 5

- 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 & arms

- Bend at your waist from side to side while you keep the circles going

- Keep it going while you count to 10!



The Hummingbird

- 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 backwards against your hands while you count to 2

- Relax & breathe

- Repeat this 3 times



The Butterfly

Do some **TRAP OPENERS** like Katie 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 tightrope high in the air (**NEVER try this on a real rope!**)
- Take a step forward on the tightrope
- Keep your front knee over your ankle (not over your toes)
- Keep it going while you count to 20!
- Repeat this with the other foot forward

- 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 & shift your weight from knee to knee

- Keep it going while you count to 15!



The Fling

- 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 Katie)

- Feel the stretch in your body

- Count to 10 and do the other side



The Triangle



Count to 15 while you shake your hands and feet

The Shakes

It's been fun—we are done!

