

**Straighten Up Australia 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 and ankles should be in a straight line).
3. Breathe calmly, deeply and slowly from your stomach region.
4. Move smoothly. Do not jerk or bounce.

**TAKE CARE:**

Check with your local CAA member chiropractor or other health care provider before beginning Straighten Up Australia 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 Australia daily as an important feature of an active healthy lifestyle.

# Fitness Fun For Everyone

Straighten Up Australia is an easy and enjoyable everyday program to improve your spinal health and the way your body functions.

Consisting of a set of simple exercises and taking just three minutes to complete, SUA will help improve posture, stabilise core muscle groups, enhance health and prevent spinal disability.

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

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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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The worldwide Straighten Up initiative is being coordinated by Life University, USA

# Straighten Up AUSTRALIA

A 3 minute daily exercise program to improve your spinal health and the way your body functions.



## Fitness Fun For Everyone

Healthy Adults Version



**Note:** CAA accepts no responsibility for loss or injury for undertaking these exercises. CAA strongly recommends that you check with your local CAA member chiropractor or other health care provider before undertaking these exercises to make sure the exercises are appropriate for your specific needs. If you are experiencing recurring, sharp or shooting pain at any time, STOP and report to your chiropractor or other health care provider.

# A Star Series Warm Up



MINUTES

INNER WINNER



## START

**1** Straighten up. Stand tall in the Inner Winner posture. Ears, shoulders, hips, knees and 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 legs into the Star. Facing forward, place one hand in the air with the other at your side.



STAR

TILTING STAR

### 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.

TWIRLING STAR

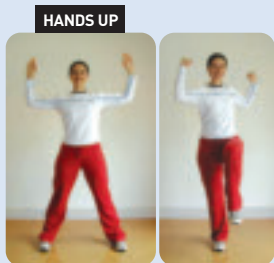


### 3

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 hands up position.



HANDS UP

TWISTING STAR

### 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.

# B Flying Friends Posture Pod



MINUTES

Breathe deeply and calmly relaxing your stomach region.

### 5A

Let your head hang loosely forward, and gently roll it from one side to the other.



5A

5B

5C

TRAP OPENERS

### 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 and slowly roll them backwards and forwards. Enjoy for 15 seconds.

THE EAGLE

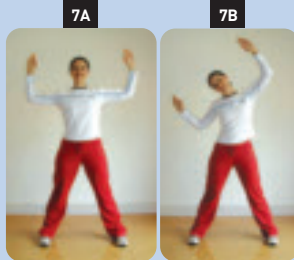


### 6

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.



7A

7B

HUMMING BIRD

### 7B

Sway gently from side to side in the Hummingbird. Enjoy for 10 seconds.

BUTTERFLY



### 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.

# C Core Balance & Wrap Up



MINUTES

### 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.



TIGHT ROPE

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.



THE SWORD

SHAKING IT LOOSE



### 12

Shake limbs loosely for 15 seconds. This one is pure fun.

## FINISH

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