

# Did you reach for better posture today?



## 1. STRAIGHTEN UP

- standing tall, feet together, align your ears, shoulders, hips, knees and ankles
- pull your belly button in towards your spine



## 2. SIDE BEND

- from Straighten Up pose, move your feet shoulder width apart and raise your arms (a)
- breathe in and slowly bend to one side as one arm goes over your head and the other arm slides down your leg (b)
- slowly return to Straighten Up, do this twice on each side



## 3. CORE TWIST

- standing with feet shoulder width apart and arms out to the side
- turn your head to look at one hand and slowly twist your spine to watch your hand go behind you. Relax before slowly returning to centre, do this twice on each side



## 4. CROSSOVER

- standing with feet shoulder width apart, raise your hands (a)
- bring your right elbow across your body while lifting your left knee (b)
- touch elbow to knee, remaining upright and repeat alternating sides for 15 seconds



*If you have a balance disorder use caution when doing this.*



## 5. TRAP OPENERS

- breathing deeply and calmly, relax your stomach muscles
- let your head hang loosely forward and gently roll from side to side (a)
- bring your hands up to your neck and gently massage the back of your head and neck (b)
- drop your arms to your sides, relax your shoulders & slowly roll them back and forward for 15 seconds (c)



## 6. FULL REACH

- gently sweep your arms out to the side and up over head
- touch your hands together and draw your shoulder blades together
- slowly sweep your arms back out to your sides breathing in and out
- repeat three times



## 7. BENDING CIRCLES

- standing with your hands up, rotate your shoulders backwards making small circles in the air (a)
- bend from side-to-side and keep rotating shoulders for 10 seconds (b)



## 8. SHOULDER PULL

- place your hands behind your head and draw your elbows back
- gently press your head into your hands, count to two and release
- repeat three times then massage the back of your neck and head



## 9. LUNGE

- stand in Straighten Up pose
- take a step forward with one leg, bending slowly at the knees
- allow the heel of your back foot to lift from the floor (only bend far enough to line up your knee with your ankle)
- balance for 20 seconds, repeat on opposite side



## 10. TWIST AND SWAY

- stand with feet wider than shoulder width apart and gently rotate your core from side-to-side
- let your arms flop loosely and shift your weight from knee-to-knee, breathing calmly for 15 seconds



## 11. SIDE STRETCH

- point your left foot and take a step out to the left
- bending your left knee, side bend at the waist to the left
- place your left elbow on your knee\* and extend your right arm above your head
- hold for 10 seconds and repeat on other side

*\*older adults should place their hand on their knee*



## 12. SHAKE IT OUT

- shake limbs loosely for 15 seconds on each side

*This one is pure fun!*

[www.straightenupalberta.com](http://www.straightenupalberta.com)

Straighten Up Alberta is a community service initiative of the Alberta College and Association of Chiropractors.