* 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.

1, THE STARS

- * Relax at the end of the stretch, and
- DON'T FORGET TO BREATHE IN AND 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 your hand as it goes behind you.
- * Relax at the end of the stretch, and DON'T FORGET TO BREATHE IN AND OUT ! PWIBLING
- * Repeat both sides 2 times !

* 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.

You're Doind Gr

- * Now bring the other elbow across your 🜏 body while you raise your other Knee toward it.
- * Repeat this 15 times. TWISTING STAB

Relax and breathe.

Become an INNER WINNER! over your head.

> THE CAGLE arms to your side.

> > * Repeat 3 to 5 times.

- 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 m 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 !



Become an INNER WINNER!

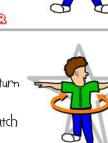
(Head up high & pull your belly button in.)

- Put your arms behind your head and gently pull your elbows backward.
- Slowly and gently press your head 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





STAB

START HERE





we're Vibes and Viggie, 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 America®

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

- * Stand straight & tall with your head high.
- * Put your ears, shoulders, hips, Knees, and ankles in a straight line like Viggie.
- * Pull your belly button in toward your spine.

...and Vibes has an exercise you can do between others, called the TRĂP OPENER:



* Breathe deeply & calmly. Relax your tummy. Let your head hang loosely forward, and 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 backward and forward. Keep doing this while you count to 15!

Now go to section #1 THE STABS and start with the TRETRIG STREExercise.



ABOUT THE Straighten Up America® PROGRAM

Straighten Up America 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 (warmup), the Flying Friends (posture pod), and the Core Balance (wrap-up). Through the help of two friends, Vibes and Viggie, children can learn these daily exercises for promoting their spinal health, improving their posture, and preventing spinal subluxations.

Parents, please read:

Notice: Straighten Up America 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 chiropractor or other healthcare practitioner before starting this program to make sure the exercises are appropriate for your child's specific needs.

more information at www.life.edu or www.cocsa.org

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ten Up America_®



Fitness Fun for Everyone

Healthy Child Version

Mom and Dad:

Please read the notice on the back of this brochure before letting your child start the Straighten up program.

