

## REACH FOR BETTER POSTURE

Let's get Started!



### 1. STRAIGHTEN UP!

- stand straight and tall with your head high
- keep your feet together, your arms at your sides



### 2. BENDING STAR

- spread your arms and legs into a star (a)
- breathe in and slowly stretch your left arm up over your head (b)



Don't forget to have fun!

- bend your spine slowly to the right while sliding your right arm down your leg
- slowly tip your star back up
- do this two times on both sides



### 3. TWISTING STAR

- Straighten Up and spread your arms and legs into a star
- turn your head to look at one hand
- slowly twist your entire spine to watch your hand go behind you
- when you can't reach any farther, slowly twist back to do this twice on each side



a.



b.

### 4. CROSSOVER STAR

- Straighten Up!
- put your hands up and bring your right elbow across your body
- lift your left knee and touch your right elbow to your left knee

Relax and breathe you're doing great!

- now lift your right knee to touch your left elbow
- keep it going and count to 15



### 5. REACH FOR THE SKY

- Straighten Up!
- put your arms straight out and pull your shoulders together in the back
- breathe deeply and raise your arms over your head
- touch your hands together and then slowly lower your arms, repeat three times



a.



b.

### 6. BENDING CIRCLES

- Straighten Up!
- put your hands up and pull your shoulders together in the back (a)
- make small backward circles with your arms

Good job!

- bend at your waist from side-to-side while you keep making circles with your arms (b)
- keep it going and count to 10



### 7. SHOULDER PULL

- Straighten Up!
- put your hands behind your head
- gently press your head against your hands and count to two before letting go
- relax, breathe and do three more times



### 8. TIGHT ROPE LUNGE

- Straighten Up!
- step to the front with one leg
- bend your front knee forward so your knee is over your ankle
- balance for 20 seconds and do the same with the other foot forward



### 9. TWIST AND SWAY

- Straighten Up!
- 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



a.



b.

### 10. TRIANGLE STRETCH

- Straighten Up!
- lean to one side until your elbow can rest on your bent knee
- breathe in and slowly raise your other arm above your head

Feel the stretch in your sides!

- your body should form a triangle
- count to 10 and do the other side!



### 11. SHAKE IT OUT

- count to 15 while you shake out your hands and feet!

It's been fun, now we are done!

Practicing Straighten Up Alberta daily is an important feature of a healthy, active lifestyle.

This program is designed to promote a healthy spine through better posture. If you have questions about these exercises please consult your chiropractor or other health care provider prior to starting the program.

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

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