

# Healthy Movement

## Straighten Up UK™

Finding a form of exercise which is fun and appealing is important.

Activities such as swimming, climbing, trampolining and yoga can often be more appealing and are also great ways to introduce a more active lifestyle.

# StraightenUpuk™



Straighten Up UK™ is an exciting programme from the British Chiropractic Association (BCA), designed to improve posture and help prevent back pain by promoting balance, strength and flexibility in the spine.

Chiropractors want to encourage adults and children alike to start using this set of simple, three minute straighten up exercises. They are designed to be done on a daily basis to become part of the daily routine, just like brushing our teeth.

Easy to learn and do, the sequence of exercises consists of precise, slow stretches, each with a specific purpose. The Straighten Up materials have been developed with both adults and children in mind.

Straighten Up UK™ for kids is a simple, posture care programme designed specifically to help children feel and look their best.

The programme is divided into three quick sessions:

- Stars (warm up)
- Flying Friends (posture care)
- Core Balance (to finish off the session)

Children can learn these daily exercises to help improve their posture and spinal health. 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.

If you are interested in downloading the leaflet for children you can go to this page.

<https://chiropractic-uk.co.uk/wp-content/uploads/2016/04/SU-UK-Leaflet-Kids-NEW.pdf>

More information can be found on [www.straightenupuk.org](http://www.straightenupuk.org)

Exercises such as these pictured overleaf can also be useful in aiding posture and promoting balance, spinal strength and flexibility.

# Healthy movement

## Straighten Up UK™

Start here with The Stars!



### Tilting Star

STAND TALL! (head up high & pull your belly button in)  
Spread your arms and legs into a star. 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 and **DON'T FORGET TO BREATHE IN AND OUT!** Repeat both sides twice!



### Twirling Star

STAND TALL!  
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!**



### Twisting star

STAND TALL!  
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!



### The Eagle

STAND TALL!  
Put your arms straight out and pull your shoulders together in the back. Breathe air in and slowly raise your arms until your hands touch together over your head. Breathe air out and slowly lower your arms to your side. Repeat 3 - 5 times.

Well done! Now you can move onto The Flying Friends!



### Hummingbird

STAND TALL!  
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 and arms. Bend at your waist from side to side while you keep the circles going. Keep it going while you count to 10!



### Butterfly

STAND TALL!  
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!

Good Job! Now you can move onto Core Balance!



### Tight Rope

STAND TALL!  
Pretend the floor in front of you is a tight rope high in the air (NEVER try this on a real rope!!!). Take a step forward on the tight rope. Keep your front knee over your ankle (not over your toes). Keep it going while you count to 20! Repeat with the other foot forward.



### The Rocker

STAND TALL!  
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. Keep it going while you count to 15!



### The triangle

STAND TALL! 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. Feel the stretch in your body. Count to 10 and do the other side!



### The Shakes

Count to 15 while you shake your hands and feet!

It's been fun! We are done !