

# Start Here

## Basic Rules

### 1. Think positively

2. **Straighten Up. Stand tall with confident "inner winner" posture (ears, shoulders, hips, knees, & ankles should be in a straight line).**

3. **Breathe calmly, deeply & slowly from your stomach region.**

4. **Move smoothly. Do not jerk or bounce.**

Notice: Check with your chiropractor or other healthcare practitioner before starting "Straighten Up" to make sure the exercises are appropriate for your specific needs.

## Straighten Up Scotland

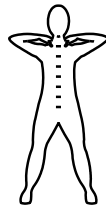
First, let's start by teaching you how to become an **INNER WINNER**:

- Stand straight and tall with your head high
- Put your ears, shoulders, hips, knees and ankles in a straight line
- Pull your belly button in towards your spine



...And another exercise you can do between others is called the **TRAP OPENER**:

- Breathe deeply & calmly; relax your tummy
- Let your head hang loosely forward & 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 backwards and forwards...**Keep doing this while you count to 15!**



Now go to part 1 & start with the **TILTING STAR** exercise.... And remember to **RELAX & ENJOY!**

## About the Straighten Up Scotland<sup>®</sup> Programme

Straighten Up Scotland for Adults is a 3-minute spinal health programme designed to help you feel and look their best.

The programme is divided into three quick sessions:  
The Star (warm up)  
The Flying Friends (posture pod)  
The Core Balance (wrap up)

Through the help of this leaflet, you can learn these daily exercises for promoting spinal health, improving your posture, and preventing spinal injury. By promoting balance, strength and flexibility in the spine, the risk of getting problems with your back now and in the future can be substantially reduced.

### Posture Rules

- Regular breaks are key! Never sit in the same position for more than 30 minutes, less if possible. When you do take a break, move around and stretch a little. Bend your knees to lift!
- Try to use the stairs instead of a lift or escalator
- 10 minute rule– if a journey would take you less than 10 minutes to walk, then leave the car at home!
- If you work at a desk, take the time to adjust your chair and desk to suit you. Your seat should be adjusted so that your feet are supported either on the ground or on a footrest with your hips slightly higher than your knees; your desk should be at a height that the top of the computer screen is level with your eyes.
- Check your bag/briefcase and ensure that you are not carrying items that are not necessary for that day. Extra items add unnecessary weight to your shoulders and back



For more information, please contact the Scottish Chiropractic Association at [admin@sca-chiropractic.org](mailto:admin@sca-chiropractic.org)

## Straighten Up Scotland<sup>®</sup>



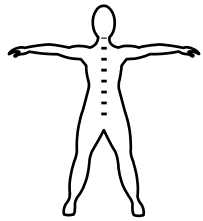
## Fitness Fun for Everyone!

## Healthy Adult Version

A 3 minute posture care  
programme

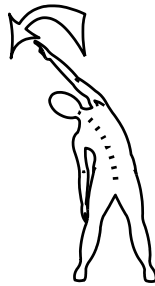
# Straighten Up Scotland

## 1. The Stars



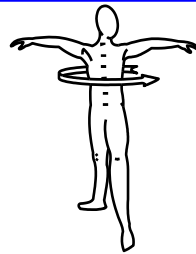
- Spread your arms & legs into a star
- Breathe air in as you slowly stretch one arm over your head... And slide your other arm down your leg SLOWLY tilt your star to the other side

- Relax at the end of the stretch & DON'T FORGET TO BREATHE IN & OUT!
- Repeat both sides 2 times

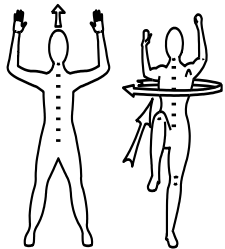


Tilting Star

- 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 you hand as it goes behind you
- Relax at the end of the stretch & DON'T FORGET TO BREATHE IN & OUT!
- Repeat both sides 2 times



Twirling Star



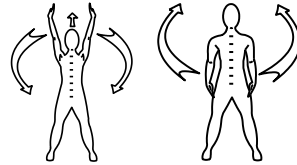
Twisting Star

- 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 towards it
- Now bring the other elbow across your body while you raise your other knee towards it
- Repeat this 15 times

Relax and Breathe

**YOU ARE DOING GREAT!**

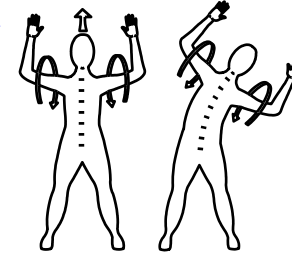
## 2. The Flying Friends



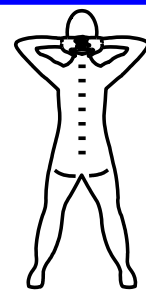
The Eagle

- Become an **INNER WINNER** (head up high & pull your belly button in)
- Put your arms straight out & pull your shoulders together at the back
- Breathe air in & slowly raise your arms until your hands touch together over your head
- Breathe air out & slowly lower your arms to your side
- Repeat 3-5 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 together in the back
- Make small backward circles with your hands & arms
- Bend at your waist from side to side while you keep the circles going
- Keep it going while you count to 10!



The Hummingbird



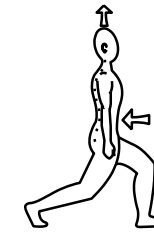
The Butterfly

- 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 backwards against your hands while you count to 2
- Relax & breathe
- Repeat this 3 times

Do some **TRAP OPENERS** as shown on the first page...

**GOOD JOB!**

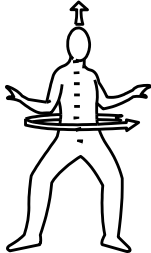
## 3. Core Balance/Wraps



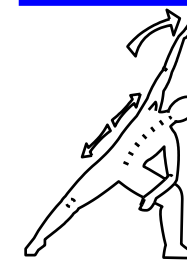
Tightrope

- Become an **INNER WINNER** (head up high & pull your belly button in)
- Pretend the floor in front of you is a tightrope high in the air (**NEVER try this on a real rope!**)
- Take a step forward on the tightrope
- Keep your front knee over your ankle (not over your toes)
- Keep it going while you count to 20!
- Repeat this with the other foot forward

- Become an **INNER WINNER** (head up high & pull your belly button in)
- Stand with your feet wider than your shoulders
- Gently rotate your body from side to side
- Let your arms flop back and forth & shift your weight from knee to knee
- Keep it going while you count to 15!



The Fling



The Triangle

- Become an **INNER WINNER** (head up high & pull your belly button in)
- 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 (like Katie)
- 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!**

Practice Straighten Up daily as an important feature of an active healthy lifestyle.