Parents, Please Read

Notice: Straighten up and Move 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 healthcare practitioner before starting this program to ensure the exercises are appropriate for your child’s specific needs.

About Straighten Up & Move Program

Straighten up and Move Healthy Child Version is a 3 min spinal health program designed to help children feel and look their best. The program is divided into three quick sessions: The Stars (warm-up), 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.

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 TRAP 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 STARS and start with the TILTING STAR exercise. …and remember to HAVE FUN !
Straighten Up and Move

1. THE STARS

* 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.
* 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.)

   THE EAGLE

2. THE FLYING FRIENDS

* Become an INNER WINNER!
(Head up high & pull your belly button in.)
* 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 above your head.
* Breathe air out and slowly lower your arms to your side.
* Repeat 3 to 5 times.

   THE HUMMINGBIRD

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

   THE BUTTERFLY

3. CORE BALANCE/WRAPS

* Become an INNER WINNER!
(Head up high & pull your belly button in.)

   THE SHARKS

   THE TRIANGLE

   THE TIGHT ROPE

   SLIDING WATER

* 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.

* Become an INNER WINNER!
(Head up high & pull your belly button in.)

   THE EAGLE

   THE HUMMINGBIRD

   THE BUTTERFLY

   THE TRIANGLE

* 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!

Relax and breathe. You're Doing Great!

Do some TRAP OPENERS like Vikes showed you on the first page. GOOD JOB!

It's been fun - we are done!