

START HERE

Hi, Boys and Girls!



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.

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.

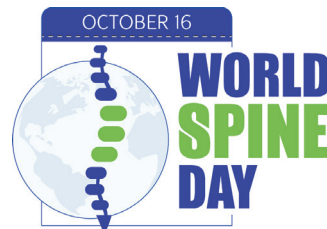
...and remember to **HAVE FUN!**

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.

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.



www.worldspineday.org



OCTOBER 16
WORLD SPINE DAY



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.

Straighten Up and Move



OCTOBER 16
WORLD SPINE DAY

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



2. THE FLYING FRIENDS



THE EAGLE

- * 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 over your head.
- * Breathe air out and slowly lower your arms to your side.
- * Repeat 3 to 5 times.

- * 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!

* Repeat both sides 2 times!



TWIRLING STAR

- * 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 HUMMINGBIRD

3. CORE BALANCE/ WRAPS



TIGHT ROPE

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

- * 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!



SLINGING WATER



- * 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.

- * Now bring the other elbow across your body while you raise your other knee toward it.

* Repeat this 15 times.

TWISTING STAR



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 backward against your hands while you count to 2.

- * Relax and breathe.

- * Repeat this 3 times!



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 Vibes).

- * Feel the stretch in your body.

- * Count to 10 and do the other side!

Relax and breathe.

You're Doing Great!

Do some **TRAP OPENERS** like Vibes showed you on the first page.

GOOD JOB!



Count to 15 while you shake your hands & feet.

It's been fun - we are Done!



THE SHAKES