

**REACH
FOR BETTER
POSTURE**

Straighten Up Alberta is a simple three-minute program designed to help Albertans reach for better posture.

Straighten  Alberta



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

Adult Program

BASIC RULES

1. Calm your mind, putting distracting thoughts aside.
2. Straighten Up by standing tall.
Feet together and arms at your side.
3. Breathe calmly, deeply and slowly.
4. Move slowly and smoothly.
(The movements should not be jerky or bouncy.)
5. Enjoy yourself!

THE IMPORTANCE OF GOOD POSTURE

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of the spine
- o l s w z k l j y l h z l ~ l h y v u q p u z { o h { j v | s k y l z | s p u h y { o y p z
of your spine together
- w y l } l u { z i h j r h j o l h u k t | z j | s h y w h p u
of your spine together
- k l j y l h z l z z { y l z z v u { o l s p u h t l u { z { o h { o v s k { o l q p u z
of your spine together
- p u j y l h z l z { o l i l e p p s , h u k z { y l z z { v s y h u j l v m v | y z w p u l
of your spine together
- t h r l z , v | s v r i l { l y l



1. STRAIGHTEN UP

- standing tall, feet together, align your ears, shoulders, hips, knees and ankles
- pull your belly button in towards your spine



a.



b.

2. SIDE BEND

- from Straighten Up pose, move your feet shoulder width apart and raise your arms (a)
- breathe in and slowly bend to one side as one arm goes over your head and the other arm slides down your leg (b)
- slowly return to Straighten Up, do this twice on each side



3. CORE TWIST

- standing with feet shoulder width apart and arms out to the side
- pull your belly button towards your spine
- turn your head to look at one hand and slowly twist your entire spine to watch your hand go behind you. Relax in this position before slowly returning to centre
- do this twice on each side



a.



b.

4. CROSSOVER

- standing with feet shoulder width apart, raise your hands (a)
- bring your right elbow across your body while lifting your left knee (b)
- touch elbow to knee, remaining upright and repeat alternating sides for 15 seconds
- breath freely, enjoy!

Individuals with balance disorders should use caution when doing this.

