

kids

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.

Kids Program

Hello girls and boys! Having good posture is very important to keeping your body and spine healthy. Taking care of your spine can be fun.

Let's learn some exercises that you can do every day!

ABOUT THE STRAIGHTEN UP ALBERTA PROGRAM

Straighten Up Alberta is a three-minute spinal health program designed to help children achieve better posture. Parents are encouraged to help their children learn these simple exercises to promote good spinal health, improve posture and prevent potential spinal health problems.

IS THE STRAIGHTEN UP ALBERTA PROGRAM RIGHT FOR YOUR CHILD? PARENTS, PLEASE READ:

This program is designed to promote a healthy spine through better posture. These exercises are designed for healthy children. If you have questions about whether to teach these exercises to your child, please consult your chiropractor or other health care provider prior to starting the program.



1. STRAIGHTEN UP!

- stand straight and tall with your head high
- keep your feet together and your arms at your side



a.



b.

2. BENDING STAR

- spread your arms and legs into a star (a)
- breathe in and slowly stretch your left arm up over your head (b)
- bend your spine slowly to the right while

Don't forget to have fun!

- sliding your right arm down your leg
- slowly tip your star back up
- do this two times on both sides



3. TWISTING STAR

- Straighten Up and spread your arms and legs into a star
- turn your head to look at one hand
- slowly twist your entire spine to watch your hand go behind you
- when you can't reach any farther, slowly twist back to do this twice on each side



a.



b.

4. CROSSOVER STAR

- Straighten Up!
- put your hands up and bring your right elbow across your body
- lift your left knee and touch your

Relax and breathe you're doing great!

- right elbow to your left knee
- now lift your right knee to touch your left elbow
- keep it going and count to 15

