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Hi, Boys and Girls!



Vibes Viggie

We're Vibes and Viggie, and we're excited to help you learn how to take care of your spine!

First, let's teach you how to stand up tall!

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

Vibes has an exercise you can do between others, called the TRAP OPENER:

- Breathe deeply and calmly. Relax your tummy.
- Let your head hang loosely forward, and roll it from side to side.
- 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 the Tilting Star

Exercise. **HAVE FUN!**

ABOUT THE Straighten Up America® PROGRAM

Straighten Up America Healthy Child Version is a 3-minute spinal health program designed to help children feel and look their best. The program has 9 different exercises. Through the help of this program, children can learn these daily exercises for promoting their spinal health, improving their posture, and preventing spinal subluxations.

Parents, please read:

Notice: Straighten Up America 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 chiropractor or other healthcare practitioner before starting this program to make sure the exercises are appropriate for your child's specific needs.

More information at

StraightenUpAmerica.org

OR

BarthFamilyChiro.com

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Healthy Spine for Kids!



BARTH FAMILY CHIROPRACTIC

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Straighten Up America®

1. Tilting Star

Stand up tall!



- Spread your arms and legs into a star.
- Stretch one arm over your head...and slide your other arm down your leg.
- SLOWLY tilt your star to the other side.
- Relax!
- Repeat both sides 5 times!

2. Twirling Star

Stand up tall!



- While in the star position, look at one hand and twist your body.
- Relax!
- Repeat both sides 5 times!

3. Twisting Star

Stand up tall!



- Raise your arms in "hands up" position.
- Bring one of your elbows across your body while you raise the opposite knee toward it.
- Do the same with the other side.
- Repeat 5 times!



4. The Eagle

Stand up tall!

- Put your arms straight out and
- Pull your shoulders together in the back.
- Breathe in and slowly move your arms like you're flying.
- Repeat 3 to 5 times!



5. The Hummingbird

Stand up tall!

- 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 arms and hands.
- Bend at your waist from side to side while circling your arms.
- Keep it going while you count to 10!



6. The Butterfly

Stand up tall!

- Put your arms behind your head and gently pull your elbows backwards.
- Press your head backwards against your hands and count to 5!
- Repeat these 3 times!



7. Tight Rope

Stand up tall!

- Pretend the floor in front of you is a tight rope.
- Take a step forward with left foot, lunge forward.
- Hold it while you count to 20!
- Repeat with the other foot!



8. Slingshot Water

Stand up tall!

- Stand with your feet wider than your shoulders.
- Rotate your body from side
- Let your arms flop back and forth while shifting your weight from knee to knee.
- Count to 15!



9. The Triangle

Stand up tall!

- Lean to one side and rest your elbow on your knee.
- Raise your arm above your head so your body makes a triangle.
- Count to 10 and do the other side!



YOU'RE DOING GREAT!

It's been fun, we are done!