

START HERE

hi EVERYONE



Abby

Jake

We're Abby and Jake, and we are excited to help you learn how to take care of your spine. We will show you some exercises you can do every day.



First, Jake will teach you how to **STAND TALL**

- * Stand straight & tall with your head high.
- * Put your ears, shoulders, hips, knees, and ankles in a straight line, just like Jake is doing.
- * Pull your belly button in.

...and Abby has an exercise you can do between the others, called the **TRAP OPENER**:

- * Breathe deeply & calmly. Relax your tummy.
- * Let your head hang loosely forward and gently turn 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 the *Straighten Up Namibia*

Programme

Straighten Up Namibia for kids is a simple, three minute posture care programme designed to help children feel and look their best.

The programme is divided into three quick sessions:

Stars (warm up)

Flying Friends (posture care)

Core Balance (to finish off the session)

Through the help of Abby and Jake, children can learn these daily exercises to help improve their posture and spinal health.

By promoting balance, strength and flexibility in the spine, the risk of getting problems with your child's back now and in the future can be substantially reduced.

There are other things you can do by following the **BCA Golden Rules**:

BAG IT UP – A rucksack is the best option for a school bag as long as it is carried over both shoulders, with the straps adjusted so that the bag is held close to the back and weight is evenly distributed.

KEEP IT LIGHT – Make sure that all unnecessary excess weight is removed from the school bag for each day – check only essential items are taken in.

BEST FOOT FORWARD – Good footwear is important; soft-soled shoes that are supportive and have a good grip will make it easier to carry a heavy school bag.

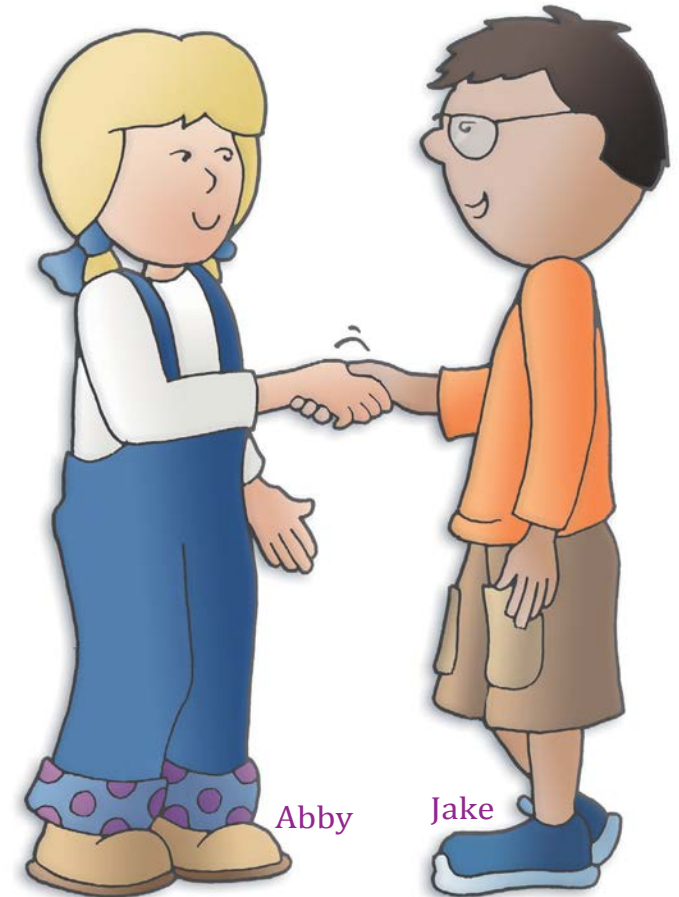
EXERCISE – Lack of exercise is a child's worst enemy. Take regular exercise – the fitter a child is, the less likely they are to injure themselves.

MOVE AROUND – Staying still for a long time is bad for the spine. Limit time at the computer or watching TV to 40 minutes at a time. Get up and take a break – do something else for a while.

COMPUTER POSTURE – When using a PC or a computer console – be sure to sit comfortably with the spine supported. It can be difficult to realise that a posture is painful if being distracted by the games!

IMPORTANT NOTE: These exercises are designed for healthy children, please check with your GP or chiropractor, before continuing with this programme.

Straighten Up Namibia



Abby

Jake

Fitness Fun for Everyone

Grown Ups:

Please read the information on the back of this leaflet before your child starts the Straighten Up programme

Turn this page and 'START HERE'

Courtesy of



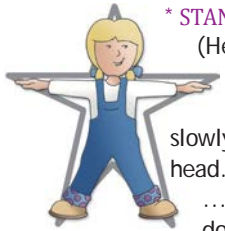
British Chiropractic Association

www.namibianchiropractic.org

Straighten Up Namibia

1. the stars

Tilting Star



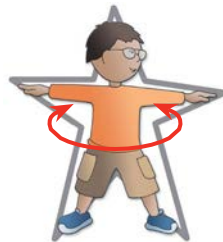
- * **STAND TALL!**
(Head up high & pull your belly button in.)
- * Spread your arms and legs into a star.
- * Breathe air in as you slowly stretch one arm over your head...
- ... and slide your other arm down your leg.



- * SLOWLY tilt your star to the otherside.
- * Relax at the end of the stretch, and **DON'T FORGET TO BREATHE IN AND OUT!**
- * Repeat both sides twice!

Twirling Star

- * **STAND TALL!**
(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!**



Twisting Star

- * **STAND TALL!**
(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!

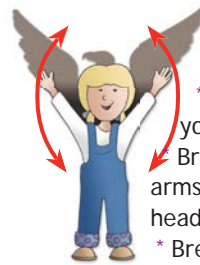
Relax and breathe



You are Doing Great

2. the flying friends

The Eagle



- * **STAND TALL!**
(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 three to five times.

The Hummingbird

- * **STAND TALL!**
(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



- * **STAND TALL!**
(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 two.

- * Relax and breathe.
- * Repeat this three times!

Do some TRAP OPENERS like Abby showed you
In the INTRODUCTION



Good Job!

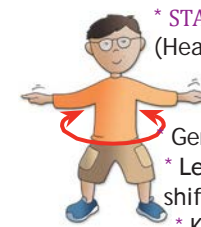
3. corebalance/wraps

TIGHT ROPE



- * **STAND TALL!**
(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.

The Rocker



- * **STAND TALL!**
(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!

The Triangle

- * **STAND TALL!**
(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 Abby).
- * Feel the stretch in your body.
- * Count to 10 and do the other side!



The Shakes

- Count to 15 while you shake your hands & feet.



Its been fun – we are done!