

Straighten Up Namibia

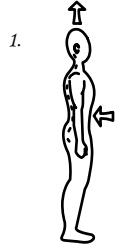
Straighten Up is an enjoyable 3-minute spinal health program designed to help you feel and look your best.

Basic Rules:

1. Think positively
2. Straighten Up. Stand tall with confident "inner winner" posture (ears, shoulders, hips, knees, & ankles should be in a straight line).
3. Breathe calmly, deeply & slowly from your stomach region.
4. Move smoothly. Do not jerk or bounce.

Notice: Check with your chiropractor or other healthcare practitioner before starting "Straighten Up" to make sure the exercises are appropriate for your specific needs.

A. Star Series Warm Up

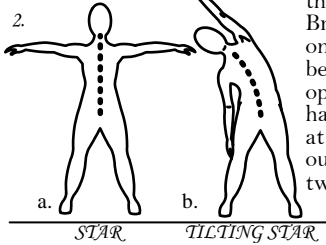


INNER WINNER

-Straighten up. Stand tall in the "inner winner" posture. Ears, shoulders, hips, knees, & ankles should be in a straight line.
-Pull your belly button in towards your spine.

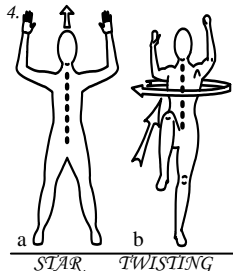
-From the inner winner posture, spread your arms and legs into the Star (2a).

-Facing forward, place one hand in the air with the other at your side. Breathe in as you slowly stretch one arm overhead, while slowly bending your entire spine to the opposite side and sliding the other hand down your thigh (2b). Relax at the end of the stretch, breathing out and in again. Perform slowly twice to each side. Easy does it.



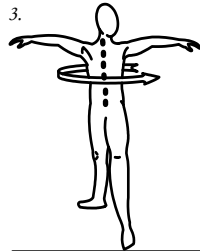
STAR TILTING STAR

-In the Star position with belly button drawn inward, gently turn your head to look at one hand. Slowly twist your entire spine to watch your hand as it goes behind you. Relaxing in this position breathe out and in.
-Perform slowly twice to each side. Enjoy the slow gentle stretch.

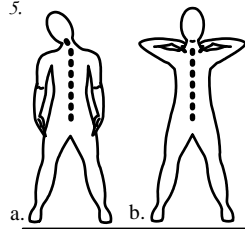


STAR TWISTING

-(4a) From the Star position, raise your arms in "hands up" position. (4b) Bring your left elbow across your torso toward your right knee. Repeat the movement using your right elbow and left knee.
-Remain upright as you continue to alternate sides for 15 seconds. Breathe freely. Enjoy.
-Individuals with balance disorders should use caution if attempting this exercise.

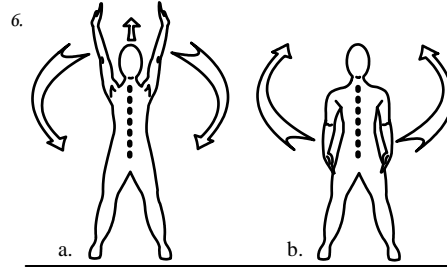


TWIRLING STAR



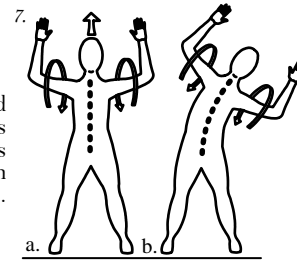
TRAP OPENERS

-Breathe deeply & calmly relaxing your stomach region. (5a) Let your head hang loosely forward & gently roll from one side to the other.
-(5b) Using your fingers, gently massage the area just below the back of your head. Move down to the base of your neck.
-Then relax your shoulders & slowly roll them backwards & forwards. Enjoy for 15 seconds.



THE EAGLE

-In inner winner posture, bring your arms out to the sides and gently draw your shoulder blades together. (6a) Breathe in as you slowly raise your arms, touching your hands together above your head. (6b) Slowly lower your arms to your sides as you breathe out. Perform 3 times.



HUMMINGBIRD

-(7a) Next, make small backward circles with your hands and arms drawing your shoulder blades together. (7b) Sway gently from side to side in the "Hummingbird". Enjoy for 10 seconds.



BUTTERFLY

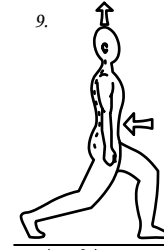
-Place your hands behind your head and gently draw your elbows backward. Slowly and gently press your head backwards and resist with your hands for a count of two and release. Breathe freely. Perform 3 times.
-Gently massage the back of your neck and head as you relax your stomach region with slow, easy breathing.

Fitness Fun

B. Flying Friends PosturePod

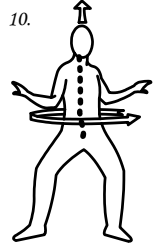
Everyday for Everyone

C. Core Balance & Wrap Up



TIGHT ROPE

-Stand in the inner winner position with your belly button drawn in.
-Take a step forward as if on a tight rope. Make sure your knee is over your ankle & not over your toes. Allow the heel of your back foot to lift. Balance in this position for 20 seconds. Repeat on the opposite side.



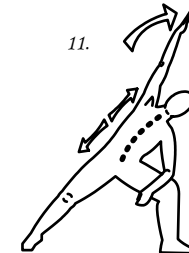
THROWING WATER

-Standing tall in inner winner posture with your feet wider than shoulders, gently rotate your trunk from side to side. Easy does it.
-Let your arms flop loosely, as you shift your weight from knee to knee.
-Swing gently from side to side. Breathe calmly and deeply. Enjoy for 15 seconds.

-Stand in the star position, keeping your stance wide with your belly button in.

-Turn your foot outward as you shift your weight to one side. Feel the groin area gently stretching. Place your knee over ankle and elbow above your knee as you extend your arm, torso, and ribs. Easy does it.

-Older adults should place their hand on their knee. Stretch for 10 seconds to each side.



EXTENDING THE SWORD

-Shake limbs loosely for 15 seconds.
-This one is pure fun. We are done!



SHAKING IT LOOSE

***** If you experience recurring or sharp pain at any time, STOP & report to your doctor. You may need to modify the exercises.**

Practice Straighten Up daily as an important feature of an active healthy lifestyle.

