

START HERE

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. We will show you some exercises you can do every day, called

Straighten Up America®

First, let's let Viggie teach you how to become an **INNER WINNER**:

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



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



- Breathe deeply & calmly. Relax your tummy.
- Let your head hang loosely forward, and gently roll it 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 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 is divided into three quick sessions: The Stars (warm-up), the Flying Friends (posture pod), and the Core Balance (wrap-up). Through the help of two friends, Vibes and Viggie, 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
www.life.edu or www.cocsa.org

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Straighten Up America®



VIBES

VIGGIE

Fitness Fun for Everyone

Healthy Child Version

Mom and Dad:

Please read the notice on the back of this brochure before letting your child start the Straighten up program.