



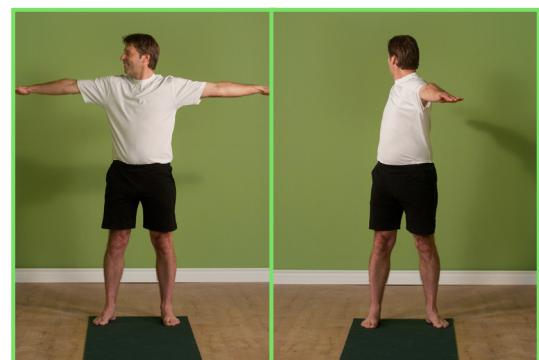
Every day you spend more than 4 minutes brushing your teeth. Manitoba Chiropractors ask why wouldn't you spend 4 minutes a day taking care of the most important part of your health – your back?



Chiropractors developed StraightenUp Manitoba to help you protect your spinal health by improving your posture. The program is a short, simple stretching program that takes less than 4 minutes a day! StraightenUp Manitoba has been developed into 3 sections, to make it easy for you to complete the program each day.

Warm Up Exercises

These exercises will get the blood flowing and loosen the muscles throughout the back, while working specific areas to improve posture. They will help you loosen your back so you are prepared for the other exercises.



1. Straighten Up

- Get into a good posture
- Stand tall with your feet together
- Get all your body parts aligned
- Pull your belly button towards your spine

**Now you are ready
to Straighten Up!**

2. Side Bend

- Start in the Straighten Up position
- Place your feet shoulder width apart
- Raise your arms to shoulder level
- Breathe in and slowly bend to one side
- Bring one arm over your head and let the other one slide down your leg
- Slowly come back to the upright position

Do this twice on each side

3. Core Twist

- Start in Side Bend Position
- Put your arms at shoulder level
- Pull your belly button towards your spine
- Turn your head to look at one hand
- Slowly twist your entire spine - watch your hand go behind you
- Relax before returning to the center

Do this twice on each side

4. Cross-over

- the last warm-up exercise
- Start once again in the Side Bend position
- Raise your hands as shown here
- Bring your right elbow across your body while lifting your left knee
- Touch your elbow to your knee

Make sure you don't bend over to make the connection!

Keep doing this on both sides for 15 seconds



Posture Exercises

These exercises identify specific muscles that are necessary in keeping a proper posture. They will help relax those muscles and release muscle tension.



5. Trap Openers

- Relax your stomach muscles
- Let your head hang loosely forward
- Gently roll from side to side
- Bring your hands up to the back of your neck and gently massage the back of your head and neck
- Drop your arms, relax your shoulders and slowly roll them back and forward

Repeat for 15 seconds.



6. Full Reach

- Start in Side Bend position
- Gently sweep your arms up over your head
- Touch your hands together and draw your shoulder blades together
- Slowly sweep your arms back to your sides

Repeat this movement three times



7. Bending Circles

- Start this exercise in a Cross-over position
- Rotate your shoulders backward making small circles in the air
- Squeeze your shoulder blades together as your arms come back
- Keep rotating your shoulders
- Bend gently from side to side

Do this movement for ten seconds



8. Shoulder Pull

- Start in the Crossover position
- Put your hands behind your head - draw your elbows back
- Gently press your head back, resisting the pressure with your hands
- Hold for a count of two and release

Do this movement three times then massage the back of your neck and head



Core Exercises

A stronger core helps you maintain a good posture position. Core stability and strength is the bridge between the upper and lower body.



9. Lunge

- Start in the Straighten Up position
 - Take a step forward with one leg while bending forward at the knee of the outstretched leg
 - Let the heel of your back foot lift off the ground (make sure you keep your forward knee over your ankle, not your toes)
- Balance for 20 seconds, repeat on the other side**



10. Twist and Sway

- Start with your feet wider than shoulder width apart
- Gently rotate your core from side to side
- Let your arms flop loosely as you shift weight from knee to knee

Swing gently (and slowly) for 15 seconds



11. Side Stretch

- Start in the Side Bend position
 - Shift your weight to the left and turn your left foot outward
 - Bend your left knee over your left ankle
 - Bend sideways toward your bent knee and place your left elbow on your knee
 - Slowly extend your right arm above your head stretching out your right side
- Hold this position for 10 seconds and repeat on other side**

(Older adults should place hand on their knee)



12. Shake it Out

You have completed the program!
It didn't take long at all!
Have fun with this one!

Shake your limbs loosely on both sides for 10 seconds

Manitoba Chiropractors know StraightenUp Manitoba can help you feel better! And we hope you will spend just 3-4 minutes a day to improve your posture and create a healthier life.

For more information on StraightenUp Manitoba or any of our other injury prevention programs check out our website: makingyourlifebetter.ca

So StraightenUp Manitoba! Today!

