

STRAIGHTEN UP

NEW ZEALAND

*Fitness Fun
for Everyone...*

EXERCISES START HERE

A. STAR SERIES WARM UP

- **1** - 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.



2A. Star



2B. Tilting Star

- **2A** - From the **Inner Winner** posture, spread your arms and legs into the **Star**.
- Facing forward, place one hand in the air with the other at your side.
- **2B** - 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. Relax at the end of the stretch, breathing out and in again. Perform slowly twice to each side. **Easy does it.**



4A. Hands up



4B. Twisting Star

- **3** - In the **Star** position with belly button drawn inwards, 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.



Hands up

- **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.**

1. Inner Winner

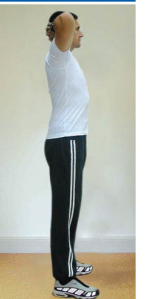
3. Twirling Star



6. The Eagle



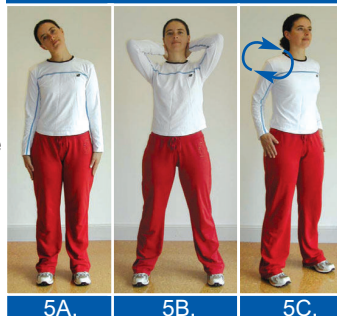
8. Butterfly



B. FLYING FRIENDS POSTURE POD

- Breathe deeply & calmly relaxing your stomach region.
- **5A** - Let your head hang loosely forward, and gently roll it 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.
- **5C** - Then relax your shoulders & slowly roll them backwards & forwards. Enjoy for 15 seconds.

5. Trap Opener



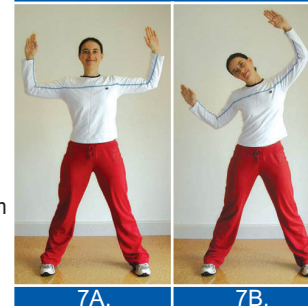
5A.

5B.

5C.

- **6** - In the **Inner Winner** posture, bring your arms out to the sides and gently draw your shoulder blades together. Breathe in as you slowly raise your arms, touching your hands together above your head. Slowly lower your arms to your sides as you breathe out. Perform 3 times.

7. Hummingbird



7A.

7B.

- **7A** - Next, make small backwards 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.
- **8** - Place your hands behind your head & gently draw your elbows backwards. Slowly and gently press your head backwards & resist with your hands for a count of 2 and release. Breathe freely. Perform 3 times.
- Now relax your neck. Gently massage the back of your neck & head as you relax your stomach region with slow, easy breathing.

C. CORE BALANCE & WRAP UP

- **9** - 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 and 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.

9. Tight Rope



10. Washing Machine



- **10** - Standing tall in **Inner Winner** posture with your feet wider than your 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.

- **11** - 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.

11. The Triangle



12. Shaking It Loose



- Older adults should place their hand (instead of elbow) on their knee. Stretch for 10 seconds to each side.
- **12** - Shake limbs loosely for 15 seconds.
- This one is pure fun.

We are done!