

Kia Ora, Boys & Girls!

We're Aroha & Dan, and we're excited to help you learn how to take care of your spine. We will show you some exercises you can do everyday.



Always remember to stop if any exercise hurts!

First, let's let Dan teach you how to stand like an

And Aroha has an exercise you can do between the others, called the

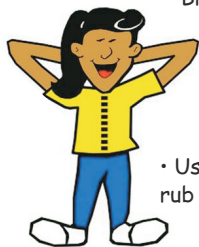
INNER WINNER

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



Now start with Section 1 (The Stars) and start with the Tilting Star exercise ... and remember to **HAVE FUN!!**

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 and gently roll them backward and forward.
- Do each exercise for the count of 15!

3. CORE BALANCE

TIGHT ROPE

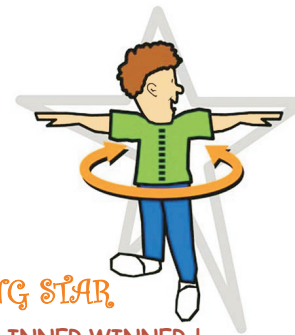
- Become an **INNER WINNER!**
- Pretend the floor in front of you is a tight rope high in the air.
- Take a step forward on the tight rope.
- Keep your front knee over your ankle (not over your toes).
- Keep it going while you count to 20!
- Repeat with the other foot forward.



1. THE STARS

TILTING STAR

- Become an **INNER WINNER!** (Head up high & pull your belly button in).
- 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 other side.
- Relax at the end of the stretch and **DON'T FORGET TO BREATHE IN AND OUT!**
- Repeat **both sides 2 times!**

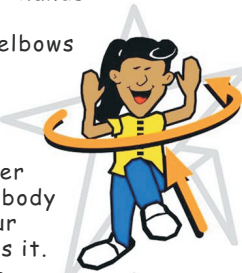


TWIRLING STAR

- Become an **INNER WINNER!**
- 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 each stretch, and **DON'T FORGET TO BREATHE IN AND OUT!**
- Repeat **both sides 2 times.**

TWISTING STAR

- Become an **INNER WINNER!**
- 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 towards it.
- Keep it going while you **count to 15.**



Relax & breathe. You're Doing Great!

2. THE FLYING FRIENDS



THE EAGLE

- Become an **INNER WINNER!** (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 **3 to 5 times.**



THE HUMMING BIRD

- Become an **INNER WINNER!** (Head up high & pull your belly button in).
- Put your arms out to the side 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

- Become an **INNER WINNER!** (Head up high & pull your belly button in).
- Put your arms behind your head and gently pull your elbows backward.
- Slowly & gently press your head backward against your hands while you count to 2.
- Relax and breathe.
- Repeat this **3 times.**



Now do some **TRAP OPENERS** like Aroha showed you earlier.

Good Job!

THE TRIANGLE

- Become an **INNER WINNER!**
- Spread your legs wider than your shoulders.
- Lean to one side until your elbow can rest on your bent knee.
- Breathe in & slowly raise your other arm above your head so your body makes a triangle (like Aroha).
- Feel the stretch in your body.
- Count to **10** & do the other side!



And to finish off we are doing **THE SHAKES**

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



It's been FUN - We are Done!

For more information visit www.straightenup.org.nz