



## ABOUT THE STRAIGHTEN UP IRELAND PROGRAMME

**Straighten Up Ireland** for adults & kids is a simple, three minute posture care programme designed to help you feel and look your best.

**The programme is divided into three quick sessions: Stars (warm up)**

**Flying Friends (posture care)**

**Core Balance (to finish off the session)**

you can learn these daily exercises to help improve your posture and spinal health.

By promoting balance, strength and flexibility in your spine, the risk of getting problems with your back now and in the future can be substantially reduced.

There are other things you can do with the CAI **GOLDEN RULES:**

- Make time to check your bag/briefcase each day for items you won't need. Additional weight in your bag is extra weight that your shoulders and back have to bear.
- If you work at a desk, take the time to adjust your chair when you start work in the morning. Your seat should be adjusted so that your feet are flat on the ground, your hips slightly higher than your knees and your eyes level with the centre of the computer screen. Use a seat with arm rests.
- 10 minute rule – if a journey would take you less than 10 minutes to walk, then leave the car at home!
- Whatever you are doing, take regular breaks if you can. Never sit in the same position for more than 40 minutes, less if possible. When you do take a break walk around and stretch a little.
- Try to use the stairs instead of a lift or escalator.
- If you get a bus to work, get off a few stops earlier and walk the remaining journey.
- Exercise needn't to be dull, join a fun class like salsa or belly dancing and go with a friend. It's much more fun with two.

StraightenUpIreland



FITNESS FUN  
FOR EVERYONE

