# Straighten Up America<sub>®</sub>

# Section 1 – The three stars

Spread your arms and legs into a star. Stand up tall, head high and belly button pulled in. Breathe slowly in and out as you do the exercise.

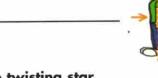
#### The tilting star

Tilt and stretch to one side then to the other side Repeat 3 times.



## The twirling star

Look at one hand. Slowly watch your hand go behind you. Do the same with the other hand. Repeat 3 times.



# The twisting star

Arms in hands up position Bring one elbow in front and raise the opposite knee to the elbow. Switch side. Repeat 15 times.





# Section 2 – The flying friends

#### The Eagle

Stand straight, arms along your side. Make your hands touch above your head. Repeat 5 times.



# The Hummingbird

Hands up. Make small backward circles with your elbows. Bend side to side. Keep going while you count to 10.



# The Butterfly

Arms behind your head. Pull your elbows backward. Press your head against your hands while you count to 2. Repeat 3 times.



#### Section 2 – Core balance and wrap

# The Tight Rope

Pretend the floor in front of you is a tight rope high in the air. Take a long step forward on the tight rope. Keep your body straight and your knee above the ankle. Hold while you count to 20. Repeat with the other foot.

#### Throwing Water

Gently circle your body form side to side. Let your arms 🔆 flap back and forth and shift your weight from knee to knee.

Keep going while you count to 15.



# The Triangle

Lean to one side until your elbow rest on your bent knee. Bring the other arm above your head to make a triangle. Count to 10 then do the other side.



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#### The Shake

Count to 15 while you shake your hands and feet.



It's been fun!

