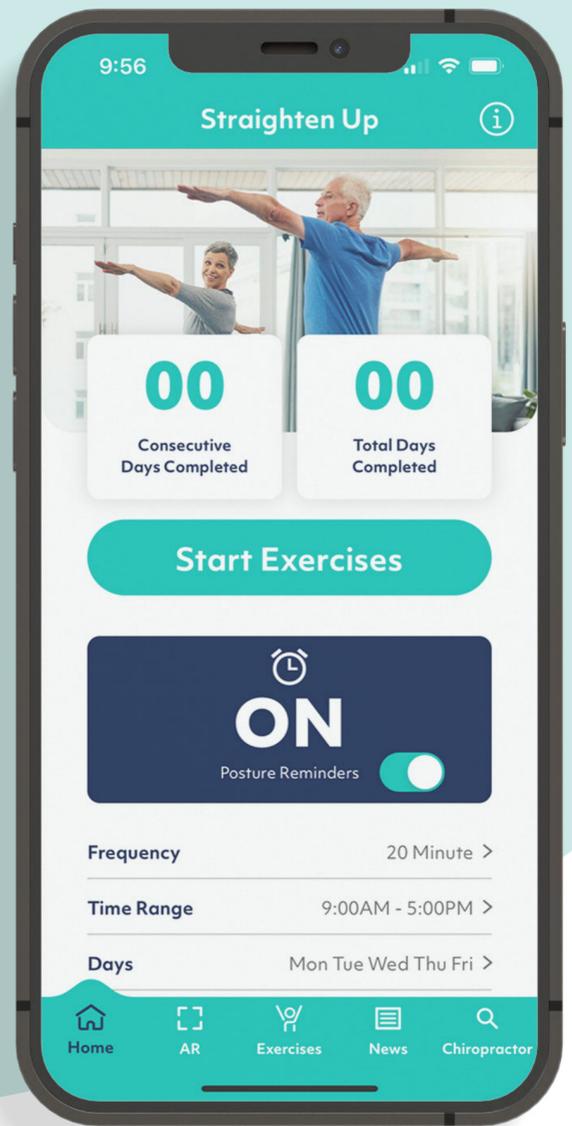
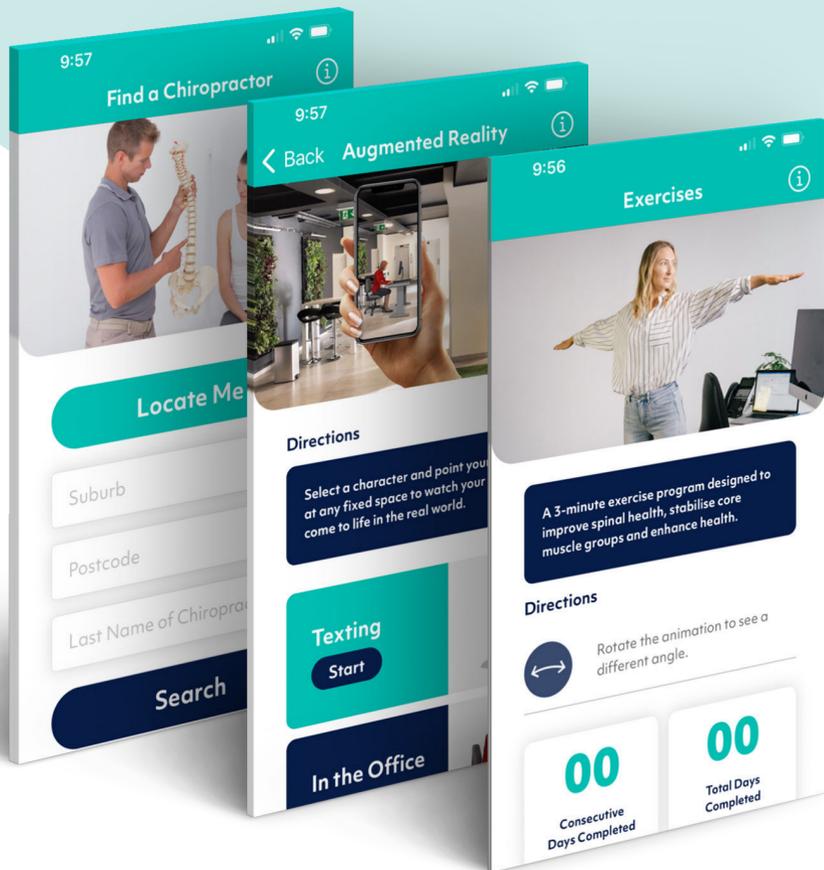




# Straighten Up

## Your back's new best friend!

While your chiropractor can't be there 24/7 correcting your posture, the new Straighten Up App can! Designed to act as 'Your Pocket Chiropractor', this app aims to address the growing posture issues and back pain problems faced by Australians.



### DOWNLOAD THE STRAIGHTEN UP APP



## App Features



### Reminders

Set reminders to receive notifications about sitting right, stretching, taking breaks, drinking water and improving your posture.



### Exercises

A 3-minute spinal health program designed to improve spinal health, stabilise core muscle groups and enhance health.



### Augmented Reality

Showing both good and poor posture in different settings. The augmented reality feature works with or without the Straighten Up postcards.



### Find a Chiropractor

Use the Find a Chiropractor search function to find a local ACA chiropractor near you.

