

Back-to-School and Backs:

A Guide



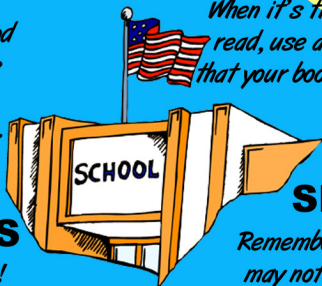
IN CLASS

Sitting in class with good posture will reduce the strain on your neck, shoulders and low back.



STUDYING

When it's time to study or read, use a book stand so that your book is at eye level.



BACKPACKS

Find a good backpack! It should be light, snug and comfortable to wear.



SPORTS

Remember that your body may not have moved and performed in that sport in a while and will need extra time to warm up.



MOVING BOXES

Lifting heavy boxes can give you back pain. Tape the boxes so that they are sturdy and the contents do not shift while being handled.