



## FEEL BETTER WITH GOOD BACK HEALTH



### **Avoid lower back pain**

Lower back pain can affect anyone. It can get in the way of living the life you love. But there's a lot you can do to help treat and prevent it. Learn how - for yourself and your health.

### **What can cause lower back pain?**

Some known causes include:

- Lifting, reaching or twisting in incorrect ways
- Injury and strain or overuse of muscles
- Aging and illness
- Being overweight or physically inactive
- Compression fractures and herniated disc
- Any spine condition you may be born with
- Arthritis

### **Tips for protecting your back**

Most lower back pain can be improved by walking, strengthening your core, taking over-the-counter pain medicines and applying ice or heat. Follow these tips to protect your overall back health:

- **Practice good posture.** Align your ears, shoulders & hips each time you sit, stand or walk.
- **Adjust your routine at work.** If you sit for most of the day, get up and walk around often. Also, make sure your chair has good back support.
- **Sleep on your side.** This helps keep your spine aligned.
- **Watch your weight.** Excess weight can create back pain.
- **Don't lift anything too heavy.** If you must lift, have somebody help you. Lift safely by learning the proper way to do it.
- **Do low-impact exercises.** Walk, swim or ride a stationary bike.

**When in doubt, walk it out.** Walking is one of the best exercises for your lower back. Not only does it get your blood moving, but it helps your muscles stay strong.

### **Straighten up - practice good posture for optimal health**

How to sit:

- Keep your feet flat on the floor or on a footrest.
- Bend your knees at a right angle, and keep them at or slightly above your hips.
- Try to keep your neck and back as straight as possible.
- Avoid sitting in the same position for long periods of time. Get up once every 30 minutes.

How to stand:

- Pull your shoulders back and avoid hunching over.
- Don't lean your head forward, backward or to the side.
- Keep your earlobes in line with your shoulders.
- Shift your weight from one foot to the other if you must stand for a long time.

**STRAIGHTEN UP. STRETCH OUT. STAY STRONG.  
CORRECT YOUR POSTURE AND IMPROVE YOUR HEALTH.**