

Keep Your Back Healthy



How To Lift

- **Place you feet shoulder width apart**
This gives you a stable base of support while lifting
- **Keep your back straight**
Bending over while lifting can injure your back
- **Lift with your legs**
Bend your knees and use your leg muscles to power your lift
- **Tighten your abdominal muscles**
This helps keep your back strong. Just be sure not to hold your breath!
- **If you need help, ASK**
Do not try to lift things that are awkward, bulky or too heavy all by yourself
- **Don't twist your back**
Move your feet instead
- **Keep the items you are lifting close to you**

Healthy Habits... For a Healthy Back!

- **Adopt good postural habits**
- **Maintain a healthy body weight**
- **Maintain a strong back**
- **Maintain good flexibility**
- **Participate in a regular exercise program**

(be sure to have your physician's OK before starting any exercise program)

