10 Tips for Keeping Your Back Healthy

1. Do exercise like:
   - Walking
   - Swimming
   - Cycling

2. When you lift things:
   - Bend your knees
   - Do not twist your back
   - Keep things close to your body when you lift them.
3. Carry your things in a backpack

4. Try not to use shoulder bags

Bad lifting
5 Sit up straight in your chair.

6. Stand up straight when you walk.

7. Use a chair:
   - With a backrest.
   - Sit with your feet flat on the floor.
   - Change how you sit every few minutes.
8. Stop smoking:
   - Smoking can make your back sore.
   - If you stop smoking you can keep your back healthy.

9. Lose any extra weight

10. Sleep on a good mattress

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