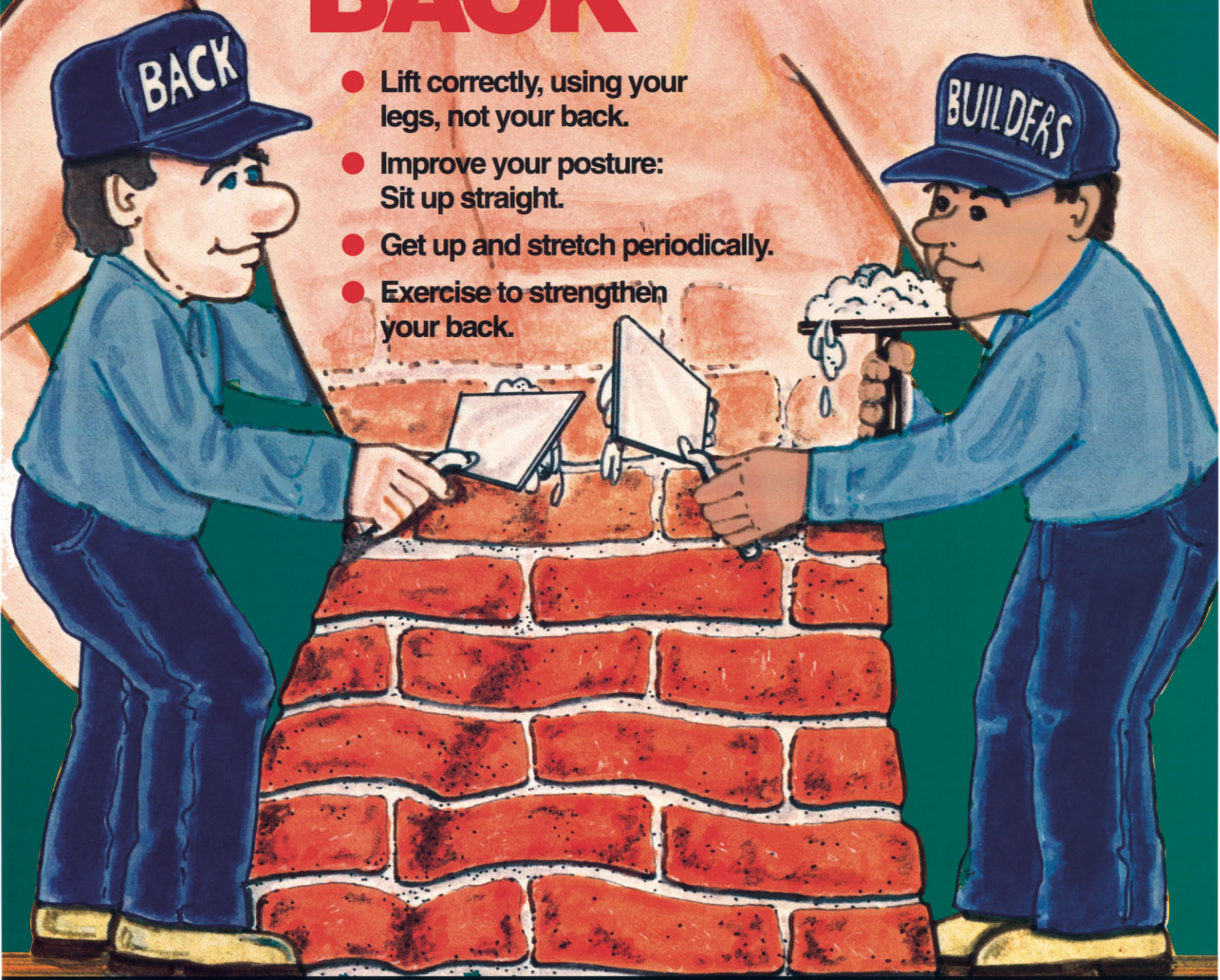


**BUILD A  
FOUNDATION  
FOR A**

# HEALTHY BACK

- Lift correctly, using your legs, not your back.
- Improve your posture: Sit up straight.
- Get up and stretch periodically.
- Exercise to strengthen your back.



***Prevention is the best cure for back pain.***