Tips for keeping Back Healthy

Practice Good Posture:

- Stand and sit with your shoulders back and your spine aligned. Avoid slouching to prevent unnecessary strain on your back.

Ergonomics at Work:

- Set up your workstation ergonomically. Ensure your chair, desk, and computer monitor are at appropriate heights to promote good posture.

Lift Properly:

- When lifting objects, bend at the knees, keep your back straight, and lift with your legs. Avoid bending at the waist.

Core Strengthening:

- Incorporate exercises that target your core muscles, as a strong core provides support for the spine.

Maintain a Healthy Weight:

- Excess weight, especially around the abdomen, can strain the lower back. Maintaining a healthy weight reduces the load on your spine.

Use Supportive Footwear:

- Wear comfortable and supportive shoes to help maintain proper body alignment.

Lift Smart at the Gym:

- When weightlifting, use proper form and avoid lifting weights that are too heavy for your fitness level.

Sleep on a Supportive Mattress:

- Choose a mattress that provides proper support for your spine. Mattresses that are too soft or too firm can contribute to back pain.

Sit and Stand Mindfully:

- Avoid sitting or standing in one position for prolonged periods. Take breaks to stretch and change your posture regularly.

Warm-Up Before Exercise:

- Warm up your muscles before engaging in physical activities to prevent strain.

Use Supportive Pillows:

- When sleeping, use pillows that support the natural curve of your neck and spine.