

GUIDE TO A HEALTHIER BACK

Purposes of your spine:

1. Maintain structure of your trunk, to allow body mobility.
2. Protection of nervous system.
3. Flexibility of the curves of the spine allow for it to act as a shock absorber.

Prevention of back problems:

1. Maintain good physical fitness – cardiovascular fitness, muscular strength, endurance, and flexibility.
2. Practice good posture at all times – eliminating the cause of the problem.
3. Support the back as much as possible.
4. Maintain good dietary habits – good nutrition is necessary for good health - excess weight may cause strain to joints and may cause poor posture.
5. Learn to cope with stress that produces tension and pain.
6. Be sure to get adequate rest.

Benefits of exercise on your back:

1. Exercise can strengthen the muscles in the back, upper legs, and abdomen, which will help increase support and help maintain the three natural curves of your back.
2. Your spine is very sensitive to muscular tension that builds up during the day. Exercise is a very useful outlet for all that built up stress.
3. The more weight gained, the more force is exerted on the spine. Exercise along with a proper diet will help reduce the excess load.
4. Proper flexibility exercises help loosen tightened muscles that may be upsetting muscular balance.