



# Back at it

## Be well with better back health

### Avoid lower back pain

Lower back pain can affect anyone. It can get in the way of living the life you love. But there's a lot you can do to help treat and prevent it. Learn how — for yourself and your health.

### What can cause lower back pain?

Some known causes include:

- ✓ Lifting, reaching or twisting in incorrect ways
- ✓ Injury and strain or overuse of muscles
- ✓ Aging and illness
- ✓ Being overweight or physically inactive
- ✓ Compression fractures and herniated disc
- ✓ Any spine condition you may be born with
- ✓ Arthritis



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# Tips for protecting your back

Most lower back pain can be improved by walking, strengthening your core, taking over-the-counter pain medicines and applying ice or heat. Follow these tips to protect your overall back health.



## **Practice good posture.**

Align your ears, shoulders and hips each time you sit, stand or walk.



## **Adjust your routine at work.**

If you sit for most of the day, get up and walk around often. Make sure your chair has good back support, too.



## **Sleep on your side.**

This helps keep your spine aligned.



## **Watch your weight.**

Excess weight can create back pain.



## **Don't lift anything too heavy.**

If you must lift, have somebody help you. Lift safely by learning the proper way to do it.



## **Do low-impact exercises.**

Walk, swim or ride a stationary bike.

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**When in doubt, walk it out.** Walking is one of the best exercises for your lower back. Not only does it get your blood moving, but it helps your muscles stay strong.

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