

Learning curve

Smart habits for a healthy back



YOGA

can help stretch and strengthen muscles and improve posture.



Sit in a chair with good

LUMBAR SUPPORT

and proper position and height for the task.



DON'T SLOUCH

when standing or sitting.



QUIT SMOKING.



Wear comfortable, low-heeled
SHOES.



CONSULT A PHYSICIAN

for intense or persistent back pain.



SPEED WALKING, SWIMMING OR BIKING

30 minutes daily can increase muscle tone.



Focus on a
HEALTHY DIET
to maintain healthy body weight.

For additional resources or to find a doctor in your area, log in to your [health plan's website](#).



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