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Health and Wellness Tip of the Week

Week 38 – September 16, 2019

Is Your Backpack Too Heavy?

At one point or another, you have carried a bag that is too heavy. It probably hurt your shoulder, made you switch arms to hold it, or maybe you had to take something out to make it more bearable.

Children should not have the same issue with their backpacks. A child's full backpack should not weigh more than 10 percent of their body weight. Have you weighed your child's backpack lately?

Source: American Occupational Therapy Association

City of Mission

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Our mission is to promote health awareness and encourage healthy lifestyles.

www.missiontexas.us

