

# Mission In Motion

## Health & Wellness Weekly Bulletin

### July 2012—Back Health



July 2, 2012—Week 1

### Four steps for a healthy back

Most of us will experience back pain at some point in our lives. You can help delay this experience with these four steps.

- **Step 1: Exercise regularly.** Physical activity helps keep your back muscles sturdy, and exercises that increase balance and strength (like yoga or tai chi) can lower your risk of falling and injuring your back.
- **Step 2: Eating healthy.** Try foods that help keep your spine and other bones strong—dairy products and green leafy veggies that are high in calcium and vitamin D.
- **Step 3: Maintain or lose weight, if needed.** Having a healthy weight helps avoid putting unnecessary stress and strain on your back.
- **Step 4: Practice good posture.** Stand up straight and support your back properly. Do this when you lift something, too. Don't bend over to lift; use your legs and hips to help support the object's weight.

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases

Human Resources Dept.  
1201 E. 8th Street  
Mission, TX 78572  
956-580-8630

