



# Spinal Health FOR KIDS

A HEALTHY SPINE SUPPORTS A GROWING MIND

**B** IS FOR **BACKPACK**

- Wear both shoulder straps.
- Secure chest and waist straps.

**L** IS FOR **LIMIT SCREEN TIME**

- Limit recreational screen time to two hours a day.

**N** IS FOR **NUTRITION**

- Eat a healthy, balanced diet.

**P** IS FOR **POSTURE**

- Sit comfortably tall with shoulders back and relaxed.
- Tuck in chair and place feet flat on the floor.

**E** IS FOR **EXERCISE**

- Get at least 60 minutes of physical activity every day.

**S** IS FOR **SPINE**

- Sit, stand, and walk comfortably tall.



[spinalhealth.org.au](https://spinalhealth.org.au) 🔍

