



Healthy SPINE HEALTHY MIND

SPINAL HEALTH CHECKLIST

GET BACK TO FEELING GOOD!

Headaches?

Backaches?

Neck Aches?

SPINE "SMART" POSTURE

- Straighten up!
- Sit, stand, and walk comfortably tall.

SPINE "SMART" MOBILE DEVICE USE

- Limit mobile device screen time to 2 hours a day.
- Don't look down at devices when sitting, standing or walking.
- Hold devices at eye level to avoid bending the neck forward.
- Take regular movement breaks every 10 minutes.

SPINE "SMART" COMPUTER USE

- Position monitors or laptop screens at eye level.
- Use an adjustable ergonomic office or desk chair.
- Take regular movement breaks every 30 minutes.

SPINE "SMART" BACKPACK USE

- Don't overload a backpack! Pack only what's needed.
- Position the heaviest items close to the spine.
- Use both shoulder straps to carry.
- Secure chest and waist straps.

SPINE "SMART" EXERCISE

- Exercise for at least 60 minutes a day.



ADJUST YOUR THINKING.

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