BACK to SCHOOL

ARE YOU PRACTISING THESE HEALTHY HABITS IN SCHOOL?

Eat a balanced and **healthy diet**, including drinking plenty of water.

Keep your **posture** straight by sitting with your shoulders back and relaxed with both feet firmly on the floor.

Reduce recreational **screen time** to two-hours a day.

Pack the heaviest items to the back of the **bag**, carry it with two straps and secure the waist strap.

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

AUSTRALIAN CHIROPRACTORS ASSOCIATION

Let's help kids practise these positive spinal health habits this Back to School season and all year round.

backtoschool.org.au

This is a health initiative of the Australian Chiropractors Association.