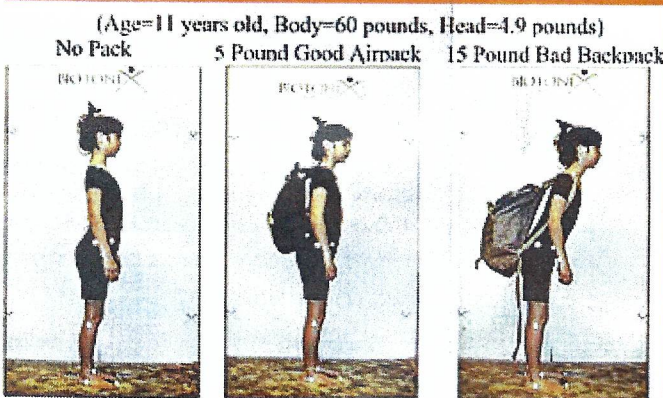


# Heavy backpacks put extra weight on areas that can be sensitive



- ★ (like your shoulders),
- ★ change the way you stand and walk,
- ★ affect your balance,
- ★ make your spine crooked (scoliosis),
- ★ pull bones out of alignment,
- ★ and cause damage in your spine (disc degeneration).



Heavy backpacks make your head move in front of your body, which can affect bone alignment, posture and stretch ligaments/muscles.

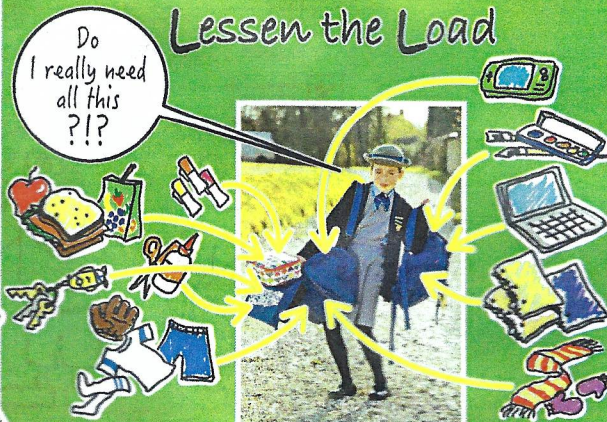
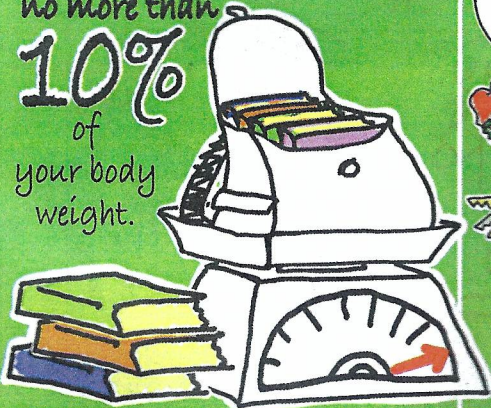
Sometimes the bones making up the spine move slightly from where they normally would be.

This can affect overall ease of movement, cause pain/discomfort and possibly alter nerve communication.



## SO, WHAT TO DO?

Your backpack should **WEIGH** no more than **10%** of your body weight.



It's not just books, but also all that "other stuff" as well!

Wear your backpack correctly with both straps over your shoulders. **Yes!**  **NOPE!**



Wearing your backpack over just one shoulder puts your spine out of balance and stresses that side.

## See your Chiropractor!

Chiropractors are doctors specially trained to catch changes with the spine, nervous system and posture early.

They work to realign the bones in your spine and joints, by making gentle adjustments that keep your nervous system communicating like it should.

By taking care of the things you can't see now, you prevent pressure and stress building up inside, which may turn out to be a lot more painful and expensive later.

