

Tips for a Healthy Back in the Garden



Have the right tools for the task at hand

Ensure you drink plenty of fluids

Alternate between light and heavy jobs

Lift correctly

Take frequent breaks

Heavy loads should be shared

Your feet should be protected with thick soled
supportive shoes

Before you start, warm-up your muscles

Avoid muscle strain, learn the right techniques

Change positions frequently

Kneel to plant and weed

Spinal check-ups can help keep your back healthy



Ontario Chiropractic Association
Association Chiropratique de l'Ontario
1-877-327-2273
www.chiropractic.on.ca

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