



Week 1:

Four steps for a healthy back

Most of us will experience back pain at some point in our lives. You can help delay this experience with these four steps.

- **Step 1: Exercise regularly.** Physical activity helps keep your back muscles sturdy, and exercises that increase balance and strength (like yoga or tai chi) can lower your risk of falling and injuring your back.
- **Step 2: Eating healthy.** Try foods that help keep your spine and other bones strong—dairy products and green leafy veggies that are high in calcium and vitamin D.
- **Step 3: Maintain or lose weight, if needed.** Having a healthy weight helps avoid putting unnecessary stress and strain on your back.
- **Step 4: Practice good posture.** Stand up straight and support your back properly. Do this when you lift something, too. Don't bend over to lift; use your legs and hips to help support the object's weight.

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases

Tip of the week brought to you by the
Prairie View A&M University Office of Human Resources
& Blue Cross Blue Shield of Texas

A graphic titled "Healthy tips" featuring a photograph of a diverse group of people in a kitchen, smiling and preparing food. The text "Healthy tips" is written in a large, blue, sans-serif font. Below the title is the Blue Cross Blue Shield of Texas logo, which consists of a blue cross and a blue shield with a white cross. To the right of the logo, the text "BlueCross BlueShield of Texas" is written in a smaller, blue, sans-serif font. At the bottom right of the graphic, the website address "www.bcbstx.com" is displayed in a white, sans-serif font. At the bottom left, there is a small line of text: "A Division of Health Care Service Corporation, a Mutual legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association".