

THE HEALTHY WAY TO WEAR A BACKPACK

Is your backpack making the grade?



START WITH THE BAG.

Choose a light bag with a padded back, two wide (2 inches) shoulder straps, a hip or waist strap, and lots of pockets.

MAXIMIZE THOSE POCKETS.

Get a pack with lots of compartments to balance the load.

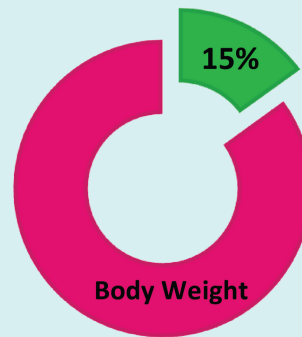
HEAVIER ITEMS IN THE BACK.

Pack heaviest items closest to your back. Stuff should not slide around in your pack.

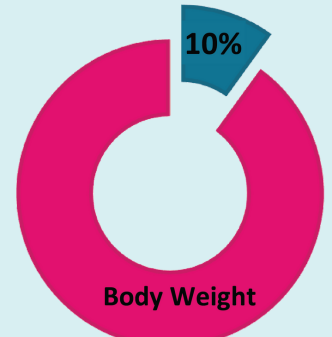


PACK IT LIGHT.

Kids in grades K - 8 should only carry a pack that is 10% of their total weight. Grades 8 and up can go up to 15%



GRADES 8+



GRADES K - 8

WEAR IT RIGHT.

Put your backpack on a flat waist-high surface or have someone help you put it on.

Adjust the straps so the pack fits snugly.

Wear both shoulder straps and the waist belt.

For more on packing it light and other healthy-spine tips visit www.bcchiro.com!