

# TRS-ActiveCare MANAGE BACK PAIN



BlueResource<sup>SM</sup> – Better Living – Preventing Back Injuries

## Keep Back Pain at Bay

Back pain is a common reason people visit a doctor each year. Try these tips to protect your back.

**Pay attention to your posture.** Sit up straight with your back against your chair and feet flat on the floor. Stand tall with your head up and shoulders back.

**Keep your back strong.** Move more. Strengthen your back with moderate activity like walking 150 minutes a week. Stretch your muscles at least two days a week.

**Lift things the right way.** Use your legs to lift boxes. Keep your back straight and bend at your knees. Get help if something is too heavy to lift alone.

**Tip the scales in your favor.** Lighten the load on your back and drop a few pounds if you need to. Take steps to maintain a healthy weight throughout your lifetime.

**Nourish your bones.** Prevent osteoporosis. Eat foods rich in calcium and vitamin D. Consider taking a calcium supplement and vitamin D.

**Show your back some love.**

Source: *Prevent Back Pain*. U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. 2020.

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