Walk every day
Walking and exercise does a body good. Work with your doctor to customize a back-strengthening walking or exercise regimen.

Strengthen back and abdominal muscles
Strong core muscles help protect the spine. Your doctor can recommend exercises to stretch and strengthen your core.

Be careful when lifting
Bend your knees, don’t reach or twist, and get help when lifting heavy objects.

Stand up and sit up straight
Your teacher was right! Good posture not only looks better, it aligns your spine which protects your back too!

Maintain a healthy weight
Supporting extra weight adds more strain on back muscles.