

Keep your body in balance...

Be physically active, flexible, & strong.

Eat a healthy diet by following *Canada's Food Guide*. Make sure you get enough calcium & vitamin D.

Seek help early if you have signs & symptoms of injury... so it doesn't get worse.

Try to change your body position & activities regularly to prevent overuse injuries.

Reach & keep a healthy body weight to reduce strain on your body.

Only use correct lifting technique & posture during activities.

Never use a home computer workstation that is not set up with proper posture in mind.

Get enough rest & sleep.



BodyBalance