

Daily Habits for Spinal Health

Move Often

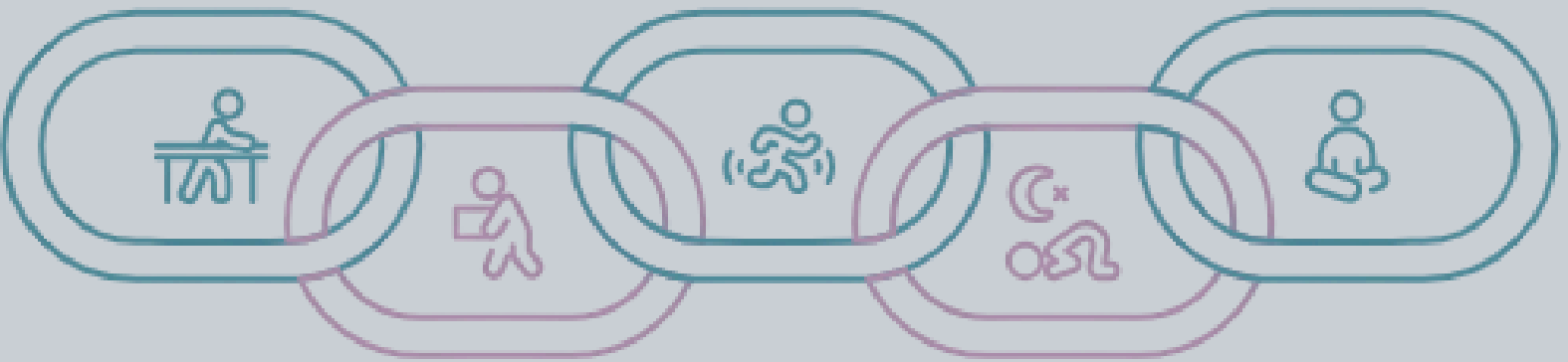
Take regular breaks from sitting to prevent stiffness.

Physical Activity

Engage in regular exercise to strengthen your spine.

Manage Stress

Employ relaxation techniques to reduce muscle tension.



Lifting Posture

Use proper technique to avoid injury when lifting.

Optimize Sleep

Ensure comfortable and supportive sleeping conditions.