

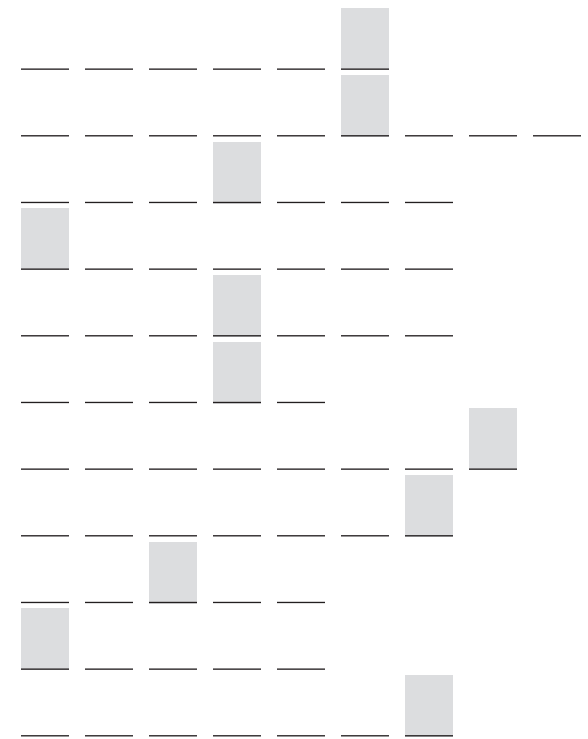
Name: \_\_\_\_\_



## Back Health JuMbLe

Use the clues below to unscramble words related to back health, then place the shaded letters in order at the bottom of the page to answer the riddle. All words can be found in this month's LivingRight materials.

1. The back has three natural CVSEUR.
2. Prevent back pain by keeping back and MINABDOAL muscles strong.
3. Poor RESOPTU puts a person at risk for back pain.
4. The muscles and NODTENS are stressed when a person has poor posture.
5. To encourage good posture, place a computer NIOTOMR at eye level.
6. When doing a NKPLA exercise, your body creates a straight line.
7. GNDSTANI every 30 minutes to an hour is good for the spine.
8. If a person is standing with good posture, the shoulders are back and XALEDRE.
9. When lifting, stand SLOCE to the object.
10. Bend at the knees rather than the SAWIT when picking up an object.
11. Calcium and TNIAVMI D help prevent osteoporosis.



What did the wellness director say when his chair was missing?

“I’m not going to take this \_\_\_\_\_!”