

# 5 FREE TIPS TO SUPPRESS BACK PAIN

By Dr. George Hardas



## HOLD YOUR PHONE IN HAND

When on the phone, do not use your shoulder to hold the phone to your ear, use your hand, especially when writing and talking at the same time.

## STAY MOBILE

Stay mobile, a simple walk each day keeps your musculoskeletal system working, as well as improving cardiovascular function.

## DAILY RELAXATION TIME

Set aside a special time each day for complete mental and physical relaxation

## SIT AT THE RIGHT CHAIR

When sitting, choose a chair that has adequate firmness to hold your weight comfortably, and then sit straight.says Geneen Roth.



## CROSS YOUR LEGS AT THE ANKLES

Cross your legs at the ankles not at the knees. Crossing your legs at the knees could aggravate an existing back condition as well interfere with the circulation of the lower limbs.