

Stories about the Back

Family sports

Come with us on this fun trip, your back will appreciate it




Physical activity reduces the risk of back pain

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Hi! I'm Dr. Back, and
I want your back to
be healthy and
strong

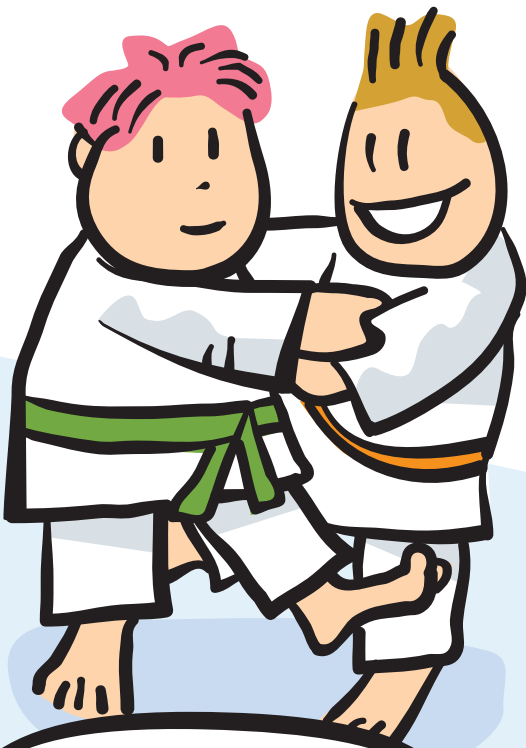
Practice sports regularly. That prevents back pain, and any type of exercise (swimming, jogging, bicycle riding...) is better than nothing





Listen to your trainer.
Warm up before you
begin and stretch your
muscles at the end
of the exercise





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28	29	30					

Remember that you should exercise or practice sports continuously, a minimum of two times a week





Resting in bed is bad for the back: you lose strength and physical fitness, the pain continues, you get depressed, and each time it's more difficult to get back to normal activity



Physical exercise makes you stronger and healthier, and decreases the risk that your back will hurt. Also, it forms a firm base for a healthy family life









Remind your parents that doing exercise and practicing sports together is good for your back

KNOWLEDGE TEST

	True	False
● Physical activity increases the risk of having back pain	<input type="radio"/>	<input type="radio"/>
● Only a few sports are good for preventing back pain	<input type="radio"/>	<input type="radio"/>
● Listen to your trainer to safely practice any sport or physical exercise	<input type="radio"/>	<input type="radio"/>
● Sports should be practiced systematically and continuously	<input type="radio"/>	<input type="radio"/>
● Total bed rest is good for the back	<input type="radio"/>	<input type="radio"/>
● Continued exercise improves your physical fitness and decreases the risk of back pain	<input type="radio"/>	<input type="radio"/>

Correct answers

- Physical activity increases the risk of having back pain 
- Only a few sports are good for preventing back pain 
- Listen to your trainer to safely practice any sport or physical exercise 
- Sports should be practiced systematically and continuously 
- Total bed rest is good for the back 
- Continued exercise improves your physical fitness and decreases the risk of back pain 

Learn more about your back
and how to take care of it
in the Web of the Back
www.espalda.org

This information can be downloaded free from the
Web of the Back of the Kovacs Foundation, www.espalda.org