



ORONO WESTONKA

SOCCER CLUB

Top Backpack Health Tips for Kids

From OWSC Partner, Align Health & Wellness



Top 3 Backpack Health Tips for Kids

Don't let backpacks lead to back problems on the soccer field! Here are 3 simple ways to keep spines happy this school year:

- 1. Lighten the Load** - Backpacks should weigh less than 10–15% of your child's body weight (otherwise it's like they're carrying a teammate around all day!).
- 2. Strap Up Both Sides** - One strap = cool in the '90s. Two straps = healthy today. Even weight keeps the spine in balance.
- 3. Pack with Purpose** - Heavy books go closest to the back, lighter items in the front. Think "big stuff rides shotgun."



From all of us at [Align Health & Wellness](#), we wish you and your young athletes an amazing and healthy school year and soccer season! We're here cheering for you every step of the way!



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