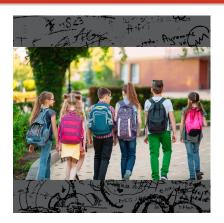


Top Backpack Health Tips for Kids From OWSC Partner, Align Health & Wellness



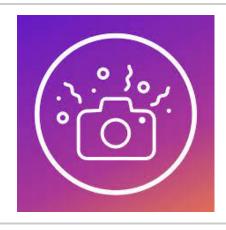


Top 3 Backpack Health Tips for Kids

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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