



Remember when your mother told you to stand up straight?



**BlueCross BlueShield
of Illinois**

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If you suffer from lower back pain, you are one of 80 percent of Americans who do. Common causes include poor posture, improper lifting, lack of muscle tone, daily stress and tension, and excess weight in the mid-section.

Try these pain-preventing tips:

- Build muscle strength and flexibility to help support and align your back
- Use correct posture when standing or sitting
- Lift smart by keeping your back straight and letting your legs do the work
- Sleep on a firm mattress and use pillows for support
- Avoid carrying a heavy briefcase, purse or shoulder bag

Get the lowdown on lower back pain by logging on to Blue Access® for Members.

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