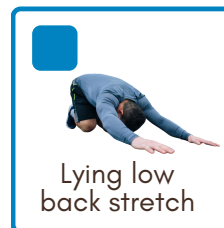
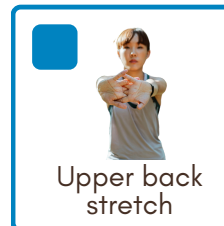
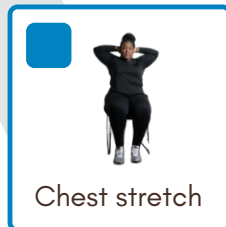
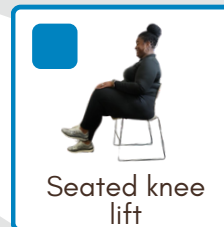
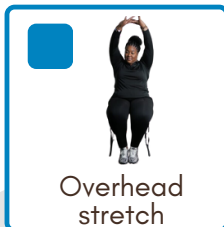
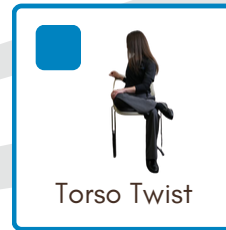
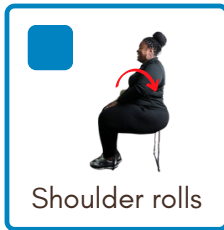


Back on Track

Movement Tracker



Back on Track

Sitting for long hours plays a role in back pain. Regular exercise can help reduce pain, improve flexibility, and prevent long-term issues.

Complete as many of the activities on the previous side as you are able over the next 30 days. Trying to do a few stretches each day, or shorter sessions several times throughout the day, is a great place to start and then add on from there!

Remember to...

- Stretch all major muscle groups to stay balanced.
- Stretch until you feel tension (mild discomfort) in the muscle, and then continue taking slow, deep breaths as you hold the stretch for 10 to 30 seconds. Some discomfort or tension is expected, but you shouldn't feel PAIN.
- Hold the stretch at the point of tension **WITHOUT** bouncing, which is ineffective.

No sign up is required. This activity tracker is designed for you to begin the exercises at any time and to continue as long as you like for better health.

Medical disclaimer

Please consult your healthcare provider before beginning a new fitness program. Do not rely on the information in this document as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, please consult with a healthcare provider. The use of the information provided here is solely at your risk and is not medical or healthcare advice.



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