



USING YOUR LEGS FOR THE LITTLE THINGS

Shuffling buckets and bags around all day on the work bench doesn't seem like it would work your back, but it does. The many little bends and twists we do all day long gradually add up to a lot of physical work and if it's your back doing the work, that is not a good thing. Lets say you need to reach to the side to pull a half empty bucket towards you. A really good thing would be to get into the habit of stepping out into the direction of the bucket and use your legs for the job. Adding your legs to even the little things you do will keep your back much healthier for your retirement!