



Never work with your back twisted like this. The joints of the lower back are not designed to twist and too much of it will get you an early case of low back arthritis.



Instead, keep your back lined up and pointed straight toward your work. Besides being less tiresome, you will not be putting extra wear and tear on the discs and ligaments of your back as you work. And remember, you are not going to feel the effects of the wear and tear until later in life when the arthritis comes home to roost. If you want to enjoy your retirement, think about what you are doing to yourself now. Waiting until you retire to pay attention to your back is much too late to do anything about it. The time is now!

SWEEPING