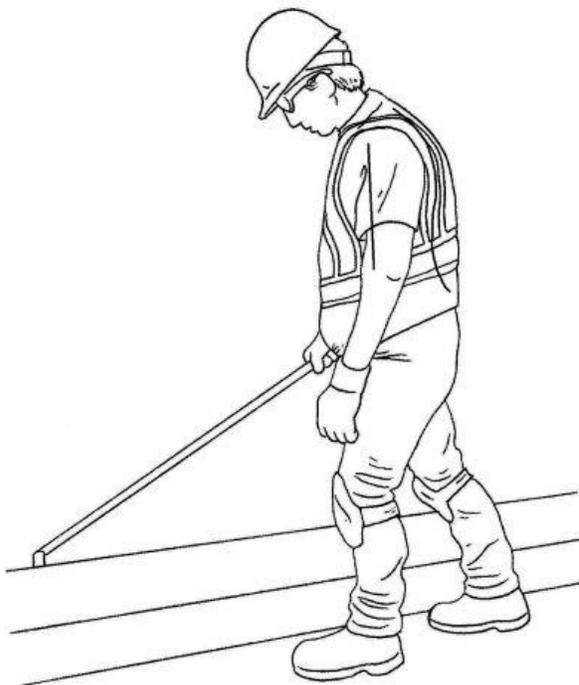




Using your back when edging is a bad habit that you should want to break. This is back work that leads to a bad back and arthritis.



Keeping your back in neutral is the key to saving your back so that you too can enjoy your retirement years.

When edging, make sure to move your feet to reach, instead of bending your back. Also, keeping a wide stance will help your hips to do the bending instead of your back. Hips are made to do lots of bending, your lower back is not!

EDGING