



## USING YOUR LEGS

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. Take a look at the illustration on the left. That just doesn't seem like much of a back lift. But if you consider the weight of his upper body it does become a lot of back lifting, over a days time. Step out to the side and bend your knees for things like this. Your legs are made to do this kind of work all day long!