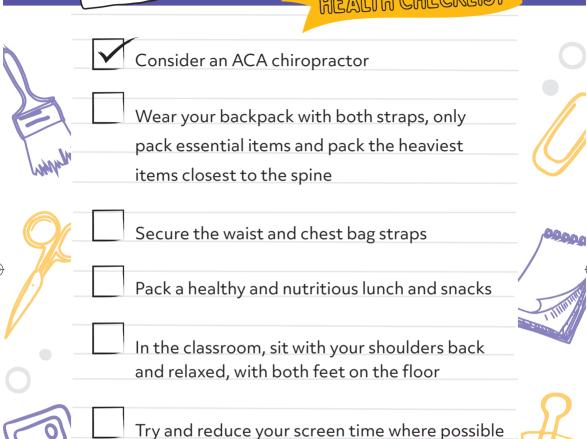
Use this checklist to get ready this back to school season and help you remember to practise these healthy habits all year round!





Get at least 60 minutes of exercise every day

For more information, talk to your local ACA chiropractor or visit backtoschool.org.au



Your local ACA chiropractor: