

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

# Back To School

## HEALTH CHECKLIST



Consider an ACA chiropractor



Wear your backpack with both straps, only pack essential items and pack the heaviest items closest to the spine



Secure the waist and chest bag straps



Pack a healthy and nutritious lunch and snacks



In the classroom, sit with your shoulders back and relaxed, with both feet on the floor



Try and reduce your screen time where possible



Get at least 60 minutes of exercise every day

Your local ACA chiropractor:

For more information, talk to your local ACA chiropractor or visit [backtoschool.org.au](http://backtoschool.org.au)

 **AUSTRALIAN  
CHIROPRACTORS  
ASSOCIATION**