

- 2p 2 Welke drie tips gaan over voldoende beweging om rugpijn te voorkomen?
Schrijf de nummers op in je uitwerkbijlage.

A weighty issue

Is your school bag weighing you down? Here are some top tips to avoid back pain.

- 1 Try to move around every 20 minutes or so.
- 2 Sit properly in chairs – instead of slouching, sit up straight with your bottom square on the seat, ideally with your knees lower than your hips.
- 3 Physical activity can help immensely with back pain, despite what you might think! Playing outdoors, going to the leisure centre or even playing a computer game which allows for physical movement, such as a Wii, will help you feel better.
- 4 Join a sports club or after-school team. Keeping active not only keeps joints exercised, but it builds confidence and strength in both body and mind.
- 5 Back pain can also be caused by your choice of footwear. Make sure your footwear has cushioned soles and support the natural arch of your feet.
- 6 Know when to get help – if your back pain is ongoing tell your parents and seek medical advice.

bron: <http://firstnews.co.uk/news/kids-school-bags-become-a-weighty-issue-i11457>