Stories about the Back

Family sports

Come with us on this fun trip, your back will appreciate it

Physical activity reduces the risk of back pain
Hi! I’m Dr. Back, and I want your back to be healthy and strong.
Practice sports regularly. That prevents back pain, and any type of exercise (swimming, jogging, bicycle riding....) is better than nothing.
Listen to your trainer. Warm up before you begin and stretch your muscles at the end of the exercise.
Remember that you should exercise or practice sports continuously, a minimum of two times a week.
Resting in bed is bad for the back: you lose strength and physical fitness, the pain continues, you get depressed, and each time it's more difficult to get back to normal activity.
Physical exercise makes you stronger and healthier, and decreases the risk that your back will hurt. Also, it forms a firm base for a healthy family life.

Remind your parents that doing exercise and practicing sports together is good for your back.
<table>
<thead>
<tr>
<th>Statement</th>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical activity increases the risk of having back pain</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Only a few sports are good for preventing back pain</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Listen to your trainer to safely practice any sport or physical exercise</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Sports should be practiced systematically and continuously</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Total bed rest is good for the back</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Continued exercise improves your physical fitness and decreases the risk of back pain</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>
Correct answers

- Physical activity increases the risk of having back pain ✗
- Only a few sports are good for preventing back pain ✗
- Listen to your trainer to safely practice any sport or physical exercise ✔️
- Sports should be practiced systematically andcontinuously ✔️
- Total bed rest is good for the back ✗
- Continued exercise improves your physical fitness and decreases the risk of back pain ✔️
Learn more about your back and how to take care of it in the Web of the Back
www.espalda.org

This information can be downloaded free from the Web of the Back of the Kovacs Foundation, www.espalda.org