

## Be well with better back health

## Avoid lower back pain

Lower back pain can affect anyone. It can get in the way of living the life you love. But there's a lot you can do to help treat and prevent it. Learn how — for yourself and your health.

## What can cause lower back pain?

Some known causes include:

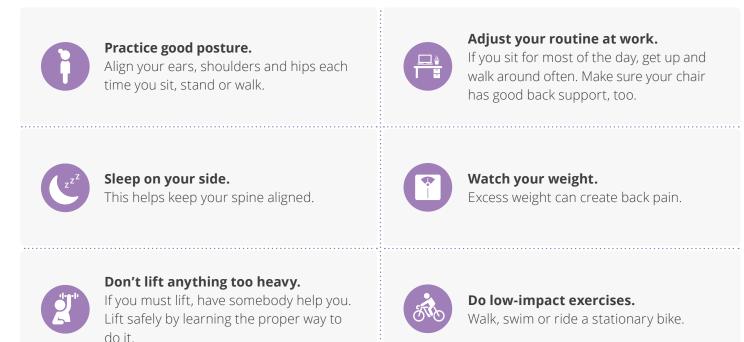
- ✓ Lifting, reaching or twisting in incorrect ways
- ✓ Injury and strain or overuse of muscles
- ✓ Aging and illness
- ✓ Being overweight or physically inactive
- $\checkmark$  Compression fractures and herniated disc
- ✓ Any spine condition you may be born with
- ✓ Arthritis



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## **Tips for protecting your back**

Most lower back pain can be improved by walking, strengthening your core, taking over-the-counter pain medicines and applying ice or heat. Follow these tips to protect your overall back health.



When in doubt, walk it out. Walking is one of the best exercises for your lower back. Not only does it get your blood moving, but it helps your muscles stay strong.

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