

Your Guide to a Better Back



90%

of the population experience back pain in their lifetime

In 2015/16, **3.4 million** working days were lost due to back pain



Better Backs

Exercise



Resistance Exercise

is as effective as **Yoga** or **Pilates** to reduce back pain

Increasing **activity levels** can:



- ↓ **Pain**
- ↓ **Risk** of injury
- ↑ **Resilience**

Posture

Taking a

Light Movement Break

from your desk every

45 minutes can reduce **Back & Neck pain**

by as much as **30%**



also consider...

A change on a **SCAN** doesn't always mean **PAIN** or **DAMAGE**



Wellbeing@UCL