Overview

Most of us know the frustration of back pain. It's something almost everyone has to deal with at some point in life. Back pain can last for a few days or weeks. For some, it becomes a chronic problem. The good news is, there are some things you can do to keep back pain away. These tips can help.

Keep your back strong

First, a strong back is a happy back. So do strengthening and stretching exercises two or three times a week. Try a yoga class. Work on your posture. Try to keep your back straight when standing and sitting. Don't slouch. And make sure you're getting enough calcium and vitamin D. These keep your bones strong.

Lose the pounds

Next, if you're overweight, lose the extra pounds. Eat a healthy diet, and get regular exercise. If you're having trouble shedding pounds, ask your doctor for tips.

Stay safe at work

Finally, if you do physical labor, stay safe on the job. Wear proper equipment, and follow all safety guidelines. When you lift something heavy, use your legs, not your back. This will help protect you from injury.

Conclusion

By taking a few precautions and focusing on your health, you can prevent back pain.