

Pack it Light. Wear it Right!

Hey! Why break your back with your backpack?

Lighten it up... and your back will thank you.

Students in Grades K to 8 should carry only 10% of their weight* in their backpacks. How about YOU? See next page for a self-check.



Give your body a break! Don't overload your pack.

Find the hidden words to help you remember to

Pack it Light. Wear it Right!

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| A | X | R | L | H | R | H | M | Y | H | K | K | J | W | K | I | W | M | B |
| B | O | J | S | I | C | W | E | I | G | H | T | O | A | H | O | Z | S | A |
| C | G | I | P | P | F | H | H | A | N | X | M | I | I | N | N | Y | L | C |
| D | P | E | I | O | U | E | I | G | L | B | K | N | N | B | H | V | Q | K |
| E | R | J | N | S | P | I | S | R | I | T | V | T | J | R | A | J | W | P |
| F | E | V | E | T | Z | H | B | T | O | H | H | S | U | I | X | C | Y | A |
| G | S | H | O | U | L | D | E | R | Y | P | K | Y | R | K | B | D | K | C |
| H | S | U | F | R | R | E | P | Y | B | L | R | D | Y | V | S | E | X | K |
| I | U | A | B | E | K | E | G | B | Q | E | E | A | N | E | R | V | E | S |
| J | R | N | O | V | E | R | L | O | A | D | E | D | C | A | A | P | V | H |
| K | E | P | E | N | P | L | J | I | E | T | R | E | A | T | M | E | N | T |
| L | Z | S | A | Y | T | F | P | R | E | V | E | N | T | I | O | N | O | T |
| M | K | H | X | I | Q | G | B | R | Y | F | D | O | I | E | B | R | T | S |
| N | E | V | A | L | N | M | U | S | C | L | E | S | W | P | U | S | Y | Z |

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

chiropractor
relief
shoulder
back
backpack

healthy
weight
prevention
injury
overloaded

muscles
joints
posture
treatment
spine

lifestyle
nerves
pain
pressure
gentle

*Students in Grades 9 to 12 may carry up to 15% of their weight.