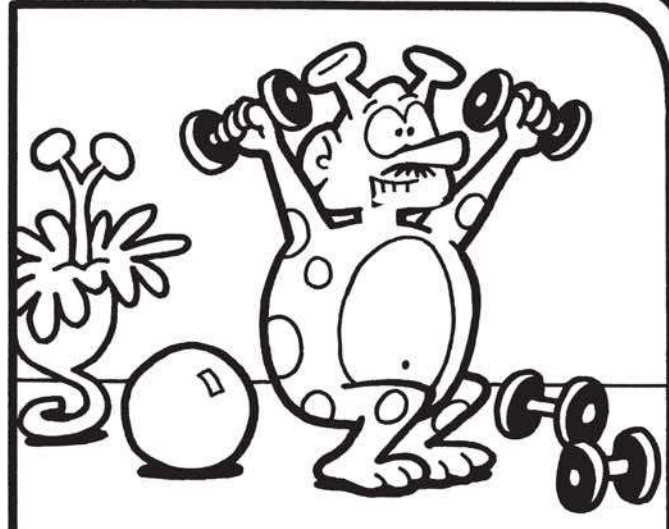




Tip #1:
Sleep on your back or side—not your stomach.



Tip #2:
Stand up straight and tall.



Tip #3:
When lifting objects bend at the knees.



Tip #4:
Don't eat foods high in fat, sugar, or salt.



Tip #5:
Sit up straight in your chair.

Eat healthy, balanced meals. Say NO to drugs, alcohol, and smoking. Get plenty of rest and **EXERCISE**. Practice good **POSTURE** and **ERGONOMICS**.