

Pack it Light.



Wear it Right.



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!

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.