

# 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.