



Whether traveling for business or pleasure, planes, trains and automobiles can be an uncomfortable and even painful way to go. Sitting for long periods of time in poorly designed seats or standing in long lineups can lead to back pain and discomfort.

Here are some back-saving tips to make your travels more enjoyable:

- Make sure your feet touch the floor when seated—if not you could strain your back. Place carry-on luggage or your knapsack on the floor and use as a footrest.
- Good lumbar support—bring along a small towel and some elastic bands. Roll up the towel and secure with elastics. Place in the small of your back. When not in use, your towel can lay flat in your carry-on, taking up little space. When traveling by air, ask for a pillow and use it in the same fashion.
- Avoid staying seated for long periods of time—get up, stretch and walk around periodically.
- Avoid carrying heavy luggage—use a suitcase with wheels or take advantage of luggage carts at the airport, bus or train terminals.
- When using a knapsack—use both shoulder straps rather than slinging it over one shoulder.
- Avoid crossing your legs—sit with your feet firmly on the floor.
- Be aware of your posture when standing in long lines—stand with feet a shoulder-width apart, hips forward, shoulders back and head up.
- Help prevent foot, leg and back pain—wear comfortable shoes with good arch support. Avoid floppy boots, high heels or cheap sneakers.
- Ensure vehicle headrests are in their full upright position—to help minimize the risk of whiplash in the event of a sudden stop or impact.