

# The Healthy Way

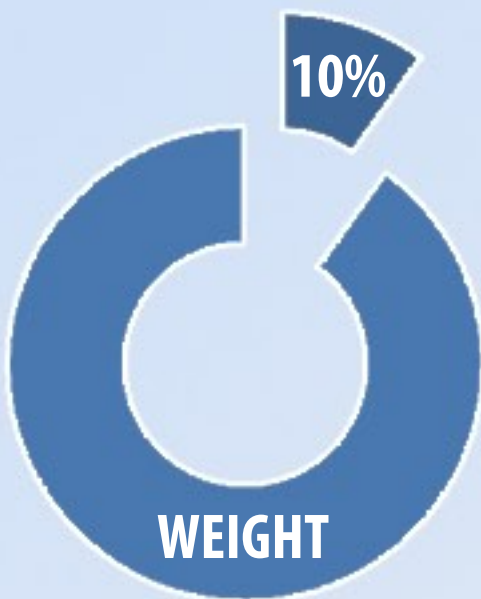
## TO WEAR A BACKPACK

*A healthy backpack strategy will help your children avoid health problems & avoid pain and strain*

### PACK IT LIGHT

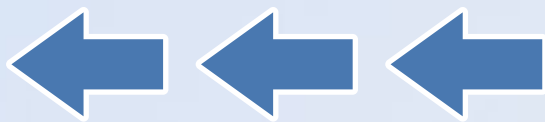
*A 100 lb kid should wear a pack that is 10 lb's or less*

Backpacks should not weigh more than 10% of your body weight



Heaviest

Lightest



*Pack the heaviest items closest to your child's back  
Materials should not slide around in the pack*



*Use all 3 straps  
Well-padded straps*



*Wear both shoulder straps, not just one  
Wear straps 2" below shoulder blades to waist level  
Wear the waist belt if there is one  
The pack should fit snugly on your child's back*

### WEAR IT RIGHT

*Follow this simple backpack strategy to help with proper posture & avoid back, shoulder & neck aches.*

