

Pack it Light. Wear it Right.

Hey! You're not leaving home. Why break your back with your pack?
Lighten it up. You'll be glad you did. And your back will thank you.



Check out just how much all that stuff you haul around every day actually weighs.

shoes	1 kg/2 lbs
wet towel	1 kg/2 lbs
6 text books	2.7 kg/6 lbs
2 binders	1.5 kg/3 lbs
20 CDs	.5 kg/1 lb
Game-Boy	.25 kg/.5 lb
water bottle	.25 kg/.5 lb
sports gear	4.5 kg/10 lbs
lunch/snacks	1 kg/2 lbs
laptop computer	2.7 kg/6 lbs

Get Smart! Check the Chart:

If you're hauling more than 15% of your body weight (10% for younger kids), lighten up. Now!

If you weigh.....only carry	
23 kg/50 lbs	2.2 kg/5 lbs
32 kg/70 lbs	3 kg/7 lbs
40 kg/90 lbs	6 kg/14 lbs
50 kg/110 lbs	7 kg/16 lbs
59 kg/130 lbs	9 kg/19 lbs
68 kg/150 lbs	10 kg/22 lbs
77 kg/170 lbs	11 kg/25 lbs
86 kg/190 lbs	13 kg/28 lbs

Don't throw yourself a curve by carrying the weight of the world in your pack.



Gotta hunch you're not gonna want to look like this. But you could, unless you lighten your pack.



S-s-straighten up! Unless you wanna be leaning like this all your life, lose some of the load off your shoulder.



Get the lead out of your pack! And always bend your knees to lift. If you don't, you'll be heading for back trouble.

So what's the best way to carry a pack?
Pack it light. Wear it right.



That load'll seem a lot lighter if you pick a pack with plenty of compartments.



You've got two shoulder straps. Wear 'em both. Place your pack on the table, and put it on one strap at a time.



Carry the heaviest items closest to your body. Use your waist belt, and adjust the straps.



The Ontario Chiropractic Association
Association Chiropratique de l'Ontario

www.chiropractic.on.ca
Toll Free: 1-877-327-2273

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