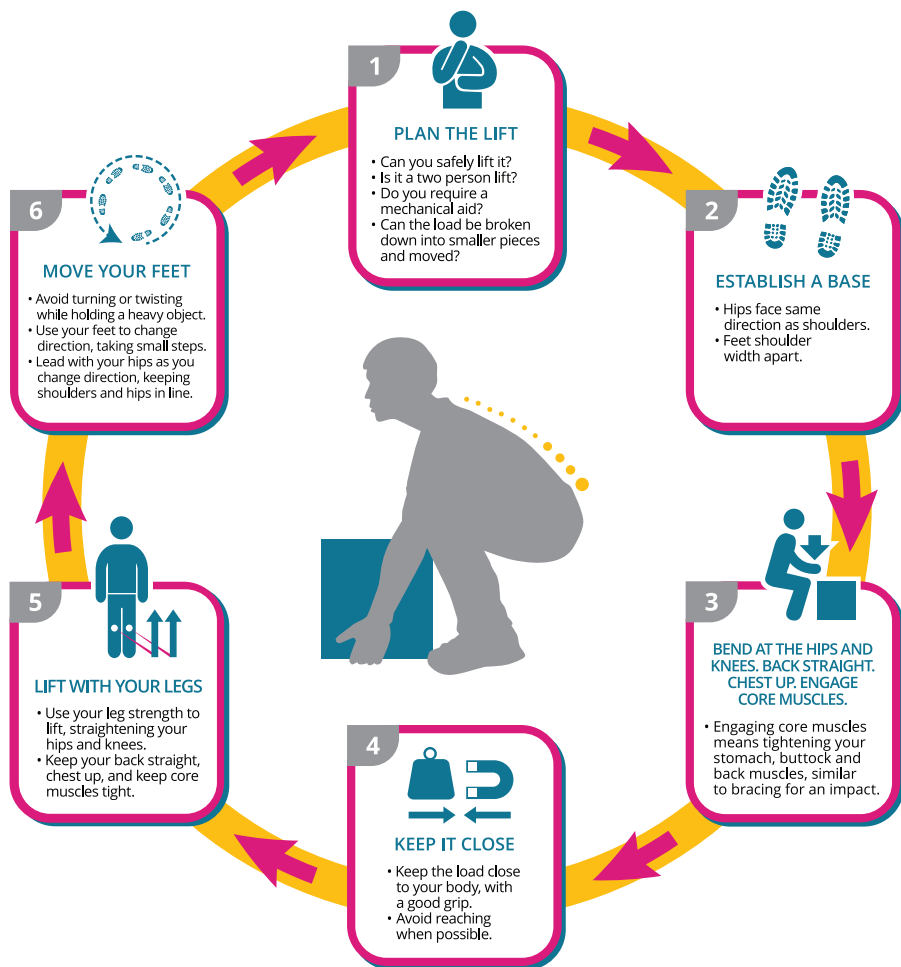


# PROPER LIFTING

THINK TWICE – LIFT ONCE



Lower objects the same way you lift them – knees bent, back straight, core muscles engaged.

# WARM UPS

## FOR A HEALTHY BACK



Hold each stretch for 10 seconds per side.



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604-270-1332 | 1-866-256-1474

125 - 3751 Shell Road  
Richmond, BC V6X 2W2