

# Because you . . .

stress

jump

kick

shovel

swim

bowl

eat

breathe

run

garden

worry

laugh

walk

sleep

mop

think

ponder

sing

shout

teach

catch

sit

cheer

win

lose

strain

dance

stretch

Lift

fall

carry

twist

drive

swing

train

trip

bend

lean

work

hit

spike

throw

play

sleep

travel

step

push

turn

slip

pull

type

crawl

bump

tackle

read

reach

write

move

skate

cycle

ride

squint

fish

polish

scrub

Because you use your spine everyday,  
get checked regularly to get the most  
out of life.

