

* Back to * School

Health Checklist



Consult an ACA chiropractor.



Wear your backpack over both shoulders and secure the waist and chest straps.



Only pack essential items, and pack the heaviest items closest to the spine.



Pack a healthy and nutritious lunch and snacks.



In the classroom, sit with your shoulders back and relaxed, with both feet on the floor.



Try and reduce your screen time where possible.



Get at least 60 minutes of exercise every day.

Your local ACA chiropractor:

For more information, talk to your local ACA chiropractor or visit backtoschool.org.au