






YOUR BACK- HEALTHY DAILY






checklist




DAILY

-  Move every 30–45 minutes (stand/walk 1–3 min)
-  Drink water regularly (aim for steady sips)
-  Do 1 desk micro routine (1–2 min)
-  Sleep posture check (pillow between knees or under knees)
-  5 minutes diaphragmatic breathing before bed

WEEKLY

-  1 × 10-minute mobility flow (hips + lumbar)s
-  2–3 × beginner strength session (glutes/core)
-  Check chair & screen ergonomics; adjust if needed

MONTHLY

-  Review mattress & pillow (replace if >7–8 years or uncomfortable)
-  Track weight progress / diet habits (anti-inflammatory foods)
-  Book GP if pain persists or red flags appear

