



Join us for

“Fitness for your Back”

A presentation given by Stephanie Pipal

Monday, December 14th

12:00 – 12:50pm

Centennial Student Union, Room 204

(Nichols Room)

This workshop will cover how to prevent back injuries with good posture and exercise technique as well as how to exercise after a back injury. The most common posture problem is a rounded upper back, when the head and shoulders round forward. Since poor posture habits can lead to back injuries, we will go over good body mechanics for sitting, standing, and lifting. We will also discuss the importance of strong abdominal muscles in the prevention of lower back injuries. For those who already have back problems, some questions that will be answered include; “Will exercise really help my back get better?”, “What is the best kind of exercise for people with back problems?”, and “Are there some exercises I should avoid?”

The workshop will include handouts, demonstrations, activity and a prize drawing! This presentation is for faculty and staff only.

If you have questions related to this session, please contact Jill Frederickson – Kratzke at 389-2017 or jill.frederickson-kratzke@mnsu.edu



Sponsored by the Minnesota State Mankato Employee Wellness Committee.

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