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Sleeping is the one chance your spine has to totally relax and recover. The safest, most restful position is to lie on your back with three or four pillows under your knees to restore the spine's natural curve. Or you can lie on your side, arms down, with a pillow between your knees.

Women are the new risk group

Fatigue, faulty alignment and bad postural habits can make picking up a piece of paper or vacuuming as risky to your back as tackling a 200-pound load, according to Kenneth Light, M.D., of the San Francisco Spine Center. As the prime picker-uppers, housecleaners and child caretakers, women are at high risk at every waking moment for back pain.

Back

DON'T BE A VICTIM:
LOWER-BACK PAIN STRIKES
80 TO 90 PERCENT OF
US, LIMITING THE ACTIVITIES
OF MORE PEOPLE
UNDER 35 THAN ANY OTHER
CONDITION. FIGHT BACK!

health WHY IT'S A TOP PRIORITY FOR YOUNG WOMEN

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