



## “BACKFIT YOUR BACKPACK”

Dear Educator,

This letter seeks your help in communicating an important safety issue to your students—the proper use of their backpacks—so that they can avoid injuries to the neck, shoulders and back.

“Strapping on the backpack” is a daily ritual for students, as they struggle to stuff and carry the necessities of school-books, binders and supplies—alongside their sports gear, food and drinks. However, what is now becoming more broadly understood are the long-term health risks associated with wearing a poorly designed or overloaded, heavy backpack. In fact, by the end of their teen years, more than 60% of Canadian youth will experience neck or back pain. Hauling backpacks that are too heavy on a continual basis can also cause significant stress to underdeveloped growing spinal column.

We are concerned with this alarming trend, therefore we are inviting all students and parents to our “**BACKFIT-YOUR-BACKPACK**” parking lot party at our office on 1091 McKenzie Ave/ Borden Rd (Across from Reynold’s High School), where your students can receive a **complimentary spinal exam and backpack evaluation**. We will be giving out a range of educational materials for students, parents and teachers. The handouts are designed to help with choosing the right type of backpack, distributing weight properly to avoid injury, and providing simple tools so that students can recognize when they are simply carrying too much weight for their growing bodies.

Through our “**BACKFIT-YOUR-BACKPACK**” campaign, we are looking to collaborate with local educators and parents to help raise the awareness of this important health issue.

### **How you can help:**

- We would be grateful if you could put an announcement into your newsletter. Please invite your students and parents to our event. (There will be absolutely no obligation for treatment).

### **At the fun event:**

- The Q-FM will be on site!
- Large 46 ft Inflatable Obstacle Course, Music, and fun informative games
- CO-OP’s ‘Cooper the mascot’ will be there.
- Handing out informative material for the parents.

- F1 Indy Car (Mobile-1) will be on site provided by EnEx Fuels.
- Healthy refreshments and snacks will be provided for their enjoyment donated by Red Barn Market

The fun and informative event will be **Saturday, September 11/10 at 9:00am-1:00pm** at 1091 McKenzie Ave (Borden & McKenzie).

**Email [drjeff@backfit.ca](mailto:drjeff@backfit.ca)** for more information, or call our office at **250-477-8143 to RSVP.**

At BACKFIT we are committed to helping prevent future spinal injuries amongst today's youth. We hope that you will join us in promoting backpack safety through the "**BACKFIT YOUR BACKPACK**" event.

In good health,

Drs. Bartlett, Bentham, and Doyle  
BACKFIT Spinal Health & Fitness  
[www.backfit.ca](http://www.backfit.ca)