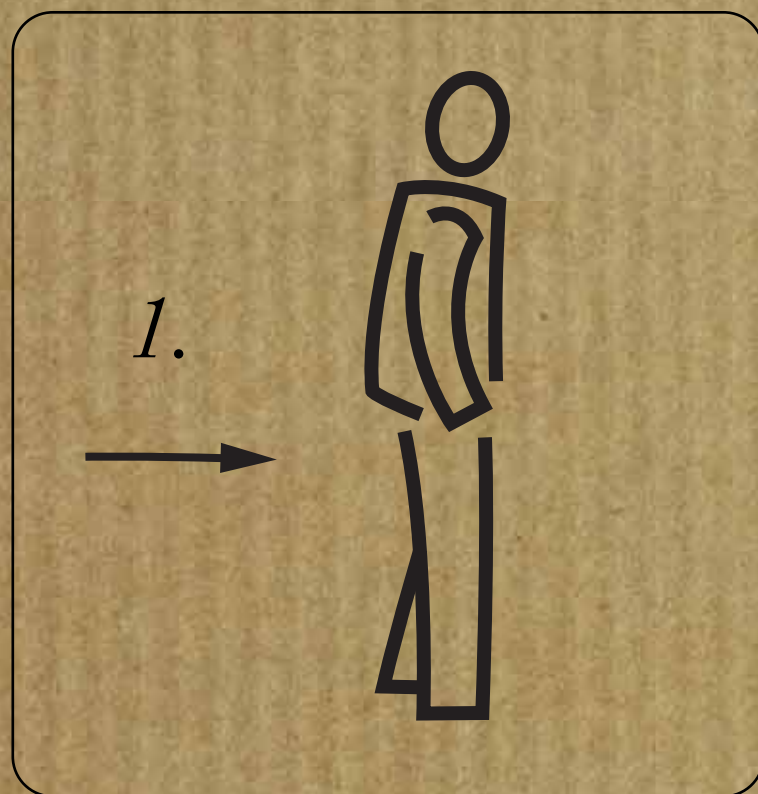


# Don't call in stiff.



**BACKPAIN** > DON'T TAKE IT  
LYING DOWN

Health care professionals agree staying active is key.

[www.backactive.ca](http://www.backactive.ca)