

Celebrate World Spine Day 2025

#InvestInYourSpine
and Keep Canada Moving.

Why 'Investing in Your Spine' Matters



Almost **one-third** of Canadians report activity limitations due to **back pain**.

Your spine supports you every day. Today, we're asking you to invest a little time and energy into simple habits that will keep you strong and healthy through all seasons of life.



Association
chiropratique
canadienne



Canadian
Chiropractic
Association

Everyday Investments to Support Spine Health

1

Stand up for a few minutes every hour to stretch your shoulders & neck.

2

Choose stairs over elevators to build strength and mobility.

3

Try gentle **spine stretches** during commercial breaks or between episodes.

Myth-Busting: Spine Edition

✗ MYTH

Rest is the best fix for back pain.

✓ FACT

Gentle movement actually supports recovery.


✗ MYTH

Only exercise enthusiasts need to care about their spine.

✓ FACT

Everyone benefits from supportive daily habits.

Healthy Spines for Every Stage of Life



Backpack check — light, snug, both straps.



Desk breaks & walks.



Gentle stretches & safe lifting.

Scan the QR to Find a Chiropractor Near You



Chiropractic.ca

Invest in Your Spine Challenge



Invest just

30 minutes

of movement a day - walk, dance, stretch, or cycle. Every step counts toward building and maintaining a healthy spine.

Take Action

This World Spine Day, choose a new way to invest in your spine, and your health. Share it with us online using:

#InvestInYourSpine

WorldSpineDay.org