



Health Awareness

Facing Up To Back Pain

(NAPSA)—While an estimated 75 percent of Americans will experience back pain at some point in their lives, and back injuries cost our economy between \$20 billion and \$50 billion annually, you don't have to take it lying down. The following steps may help.

- Aerobic activities that don't strain or jolt your back, such as walking, swimming or biking, can increase the strength and endurance of back muscles.

- Stand straight with your hips neutral.

- Choose a seat with good lower back support. Keep knees and hips level.

- When lifting, let your legs do the work. Keep your back straight and bend only at the knees. Hold the load close to your body.

What's been called the ultimate massage recliner provides relief from discomfort, stiffness and fatigue that is often associated with sitting for long periods of time. The advanced technology of an exclusive dual massage system and a variety of programmable settings gives you personalized comfort at the touch of a button.

La-Z-Boy, the nation's leading manufacturer of upholstered furniture, recently created the Air-



A new line of recliners also offers back-relaxing massage.

flex™ Massage System collection of chairs. They combine the renowned La-Z-Boy ten-motor massage system with Ergomedics' patented BackCycler®. Invented by Dr. Rowland G. Hazard, a board-certified physician specializing in spine health, this innovative air pillow system keeps backs comfortable by gently supporting and moving the spine back and forth, relieving the strain on muscles, ligaments and discs. The BackCycler® has been shown to be effective through ten years of federally-funded university research.

"Sitting is actually one of the most stressful positions for the

human spine, especially if you stay in one position too long. The reclining mechanism that La-Z-Boy invented is great for taking some of the upper body's weight off the spine, and the BackCycler® does the rest by keeping the spine moving. The movement makes a big difference," said Dr. Hazard, adding, "It just feels great."

Key to the BackCycler's effectiveness is its inflating cycle system, the doctor explained. One air cushion inflates while the other deflates, creating a cycle of continuous passive motion that actually moves the spine. The system lets each person customize the chair to get just the right amount of support and spinal motion. A single control wand allows for individual or simultaneous operation of the BackCycler® and the massage system.

Recliners featuring the AirFlex™ Massage System include the "Haven" and "Branson." The chairs are available in either fabric or leather through La-Z-Boy Furniture Galleries® stores, La-Z-Boy In-Store Gallery dealers and anywhere La-Z-Boy furniture is sold.

To find the nearest La-Z-Boy dealer, call 1-800-MAKE A HOME or visit www.lazboy.com.