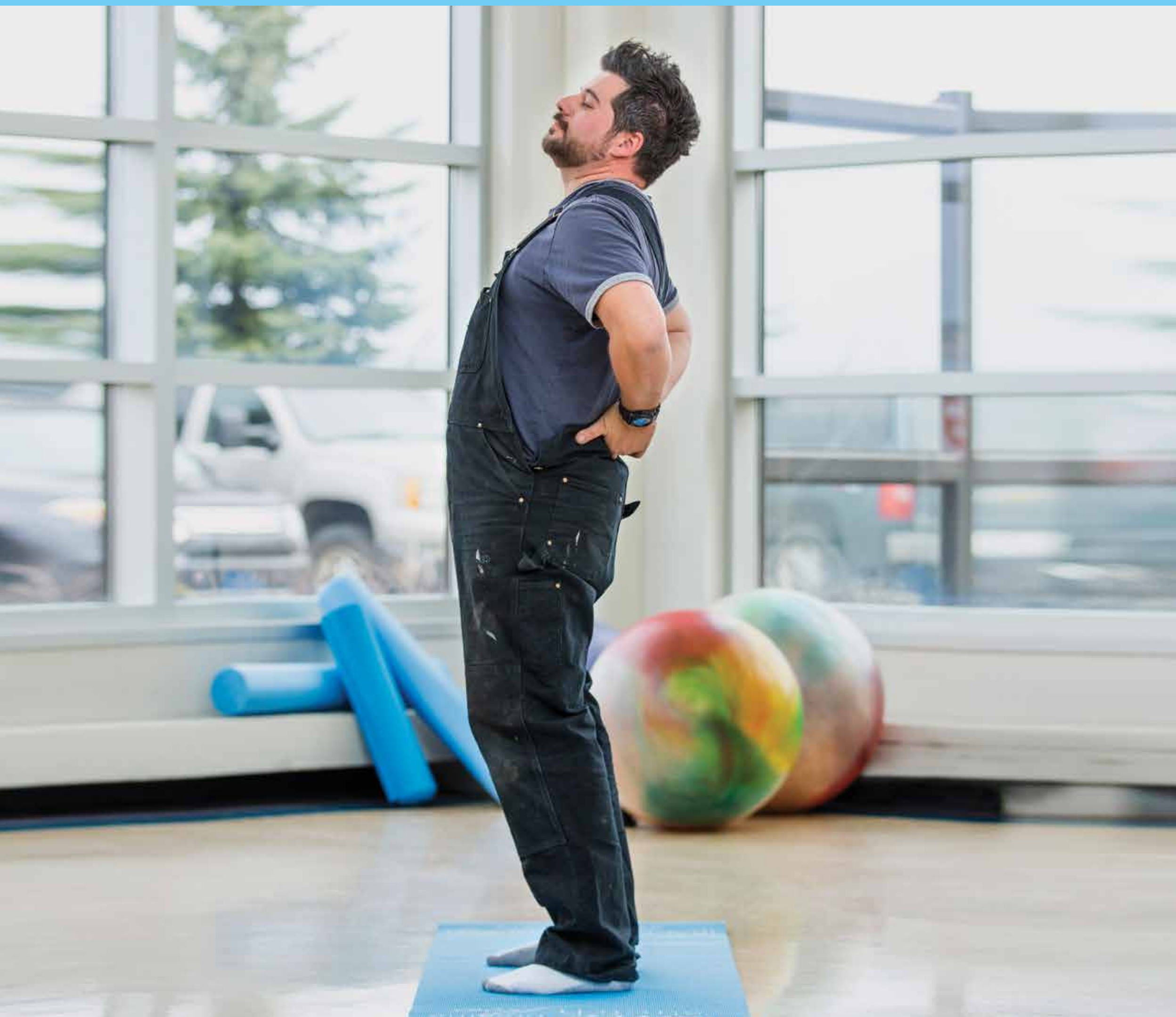


# DON'T CALL IN STIFF

Staying active is better for your back.



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

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