

# HOW TO GET THE RIGHT SCHOOL BACKPACK



5

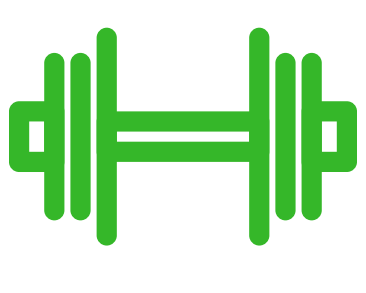
## MOST KEY CRITERIA



### THICKNESS OF STRAPS

Thick and even better, padded straps will save all kinds of misery. Most kids packs are cheap and don't have this.

### DISTRIBUTE WEIGHT




Always use both straps and use multiple pockets if possible. Light material is best!

### WAIST BELT

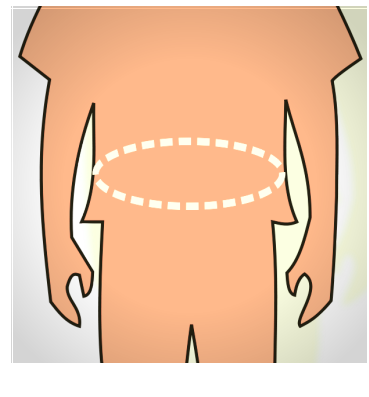
Yes, the dork factor may be involved, but if your child wears the waist belt e it will really help save the shoulders and neck.

### WEIGHT RATIO



The backpack should not be any heavier then 15% of your child's weight. 10% or less is better!

### NO SAGGY PACKS!



You don't want this pack hanging off your child! It should be close to the body and just about the belt line in length.

see our recommendation at:  
[www.pilatesafterschool.com](http://www.pilatesafterschool.com)