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This morning on Maddy, Jason & Arnold, we had **Dr Chua Soo Yong**, Orthopaedic Surgeon from [Mount Elizabeth Hospital](#) to tell us why it's important to check what goes on in your kids' backpacks! Apparently, your kid's backpack should not be more than 10% of your kid's body weight! You can find out more tips on sports injuries prevention and cure on [keepmoving.com.sg](#)!

