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YOUTH HEALTH BULLETIN

OCTOBER 2010

Reprinted by:
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BUILDING STRONG BONES



What are bones?

If you were to stand up, what would be holding you up? Your bones!! Bones fit together to give your body shape and structure. With the help of muscles, your bones help you move. It is important to keep your bones strong as you grow so they can continue to help your body move.

How can I make my bones strong

There are two ways to make strong bones:

- Doing certain types of exercise
- Eating foods that have calcium

Continued on the back 

Exercises help bones

Exercise can help keep us healthy and fit, and it can also make our bones stronger!

Activities and exercises that are good for bones:

- Jumping rope
- Running
- Hopscotch
- Hiking
- Soccer
- Dancing
- Karate
- Tennis



Call on calcium

We can also strengthen bones by some of the foods we eat. It is important to eat foods that have calcium, which is a mineral. Kids need 2 to 3 cups of milk (or the equivalent) of calcium-rich foods each day.

Foods that are good for bones:

- Milk
- Cheese
- Yogurt
- Orange juice with added calcium



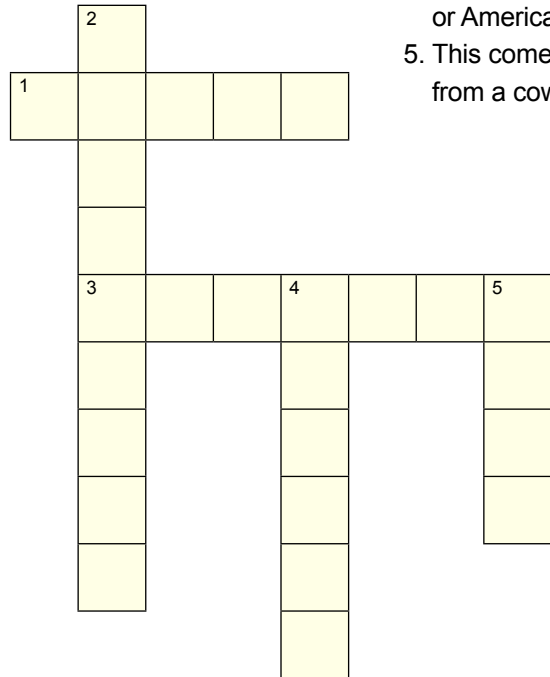
CROSSWORD PUZZLE

ACROSS:

1. Help keep our body standing up
3. A mineral for strong bones

DOWN:

2. This game has squares that you jump on
4. Your favorite may be Cheddar or American
5. This comes from a cow



SOURCES:

- Adapted from the *Get Moving Kentucky: Building Bones* lesson
- Center for Disease Control and Prevention: The National Bone Health Campaign
- Powerful Bones. Powerful Girls.
- "Bone Up: Hard Facts"
- "Bone Up: How to Make Strong Bones"
- "Staying Strong: Fitness Fun"
- "Staying Strong: Calcium-Where To Get It"
- (Available online at: <http://www.bestbonesforever.gov>)

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