

# Powerful Bones, Powerful Families

## A Guide for Families

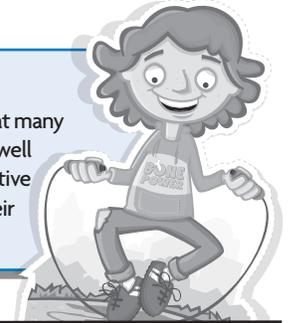


It's never too early to start taking care of your bones. Building strong bones during childhood and the teen years is an important way to avoid broken bones and osteoporosis later in life. Everyone wants to be healthy, strong and able to do the activities they enjoy, so bone-building habits are important for adults too.

**Use this guide to help your family build powerful bones for life.**

### **DID YOU KNOW?**

Research shows that many kids are not eating well enough or being active enough to keep their bones strong.



## What YOU can do!

Kids learn bone-healthy habits by watching their greatest role model: **YOU!** Enjoy bone-building foods in front of your children, and show them that bone-building activities are easy and fun.



### FEED YOUR BONES

Bones need more than just calcium; they also need vitamin D, protein, magnesium, phosphorus and vitamin A.

Bone-building foods include milk\*, yogurt, cheese, kefir, milk smoothies, canned salmon with bones and tofu fortified with calcium.

**Include bone-building foods every day in your family's meals and snacks.** Keep it simple and tasty. Serve

milk with meals, make oatmeal or soup with milk, sprinkle cheese on cooked veggies, make a fruit and yogurt smoothie or have cheese with fruit or crackers.

**DID YOU KNOW?** About 40% of bone mass (the weight and thickness of bones) is built during the tween and teen years, making it a critical time to develop bone-healthy habits for life.

\*Drink fortified soy beverages if you do not drink milk.



### MOVE YOUR BONES

Weight-bearing activities that you do on your feet (e.g., walking) or where you push, pull or carry something (e.g., lifting groceries) build strong bones. Activities such as swimming or riding a bike are good for your body, but don't build bones.

**DID YOU KNOW?** Girls' bones grow fastest between ages 11 and 14 and boys' bones grow fastest between ages 13 and 17. By the end of the teen years, the skeleton is almost complete.

Bone-building activities include hopscotch, soccer, dancing, tennis, skipping, basketball, baseball, running, gymnastics and track & field.

**Aim to include bone-strengthening activities in your family's routine at least three days per week.** Find activities that are fun for the whole family to enjoy!

