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# PARENT HEALTH BULLETIN

OCTOBER 2010

Reprinted by:  
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## THIS MONTH'S TOPIC: BUILDING STRONG BONES

**O**ur bodies are made of bones carefully joined together to form the skeleton. It is the skeleton that gives our bodies shape and structure and allows us to move. Children's bones are growing rapidly and it is important that we are helping those bones become strong through both physical activity and good nutrition.

The bones in the human body continue to grow and are at their strongest when a person is in their 20s. By teaching your child healthy habits, it increases the likelihood that they will go on with that practice through their life.

Continued on the back 



***Everyone should have at least 2 to 3 cups of milk (or the equivalent) of calcium-rich foods each day.***

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## **Weight-bearing activities**

Weight-bearing activities, or activities that cause the body to work against gravity, help to strengthen the bones. There are many activities considered weight-bearing and it is likely that you and your child already do many of them. All physical activity is important. You should not cut out any that you are currently doing. Here is a list of a few that you and your children may want to try:

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



## **Calcium for strong bones**

Calcium is a major part of bone. Eating foods with good sources of calcium improve bone strength. This is important for both adults and children. Everyone should have at least 2 to 3 cups of milk (or the equivalent) of calcium-rich foods each day.

### **Calcium can be found in many foods:**

- Milk
- Cheese
- Yogurt
- Leafy green vegetables
- Some orange juice has calcium added to it

We want children to grow up having strong bones. Physical activity and healthy food with good sources of calcium will help reach that goal!



### **SOURCE:**

• <http://kidshealth.org/parent/food/general/calcium.html>

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