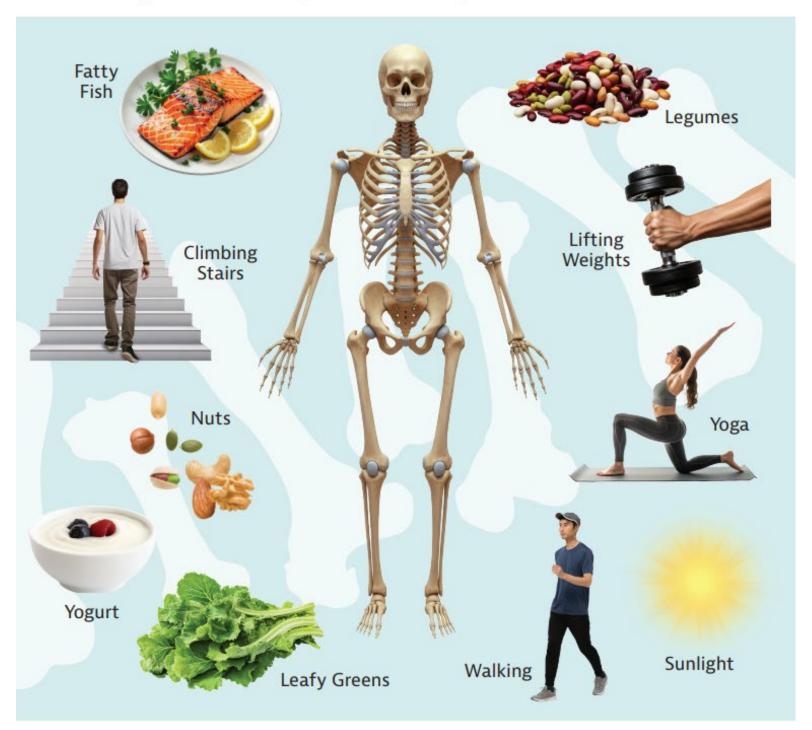
EAT MOVE BUILD WELL STRONG BONES

Healthy habits today build stronger bones for tomorrow.





As we age, keeping bones strong becomes more important. Bone loss speeds up—especially for women after menopause—and can lead to fractures and osteoporosis. But there's good news: healthy food, daily movement, and simple habits can help protect your bones at any age.

Bone-Loving Nutrients at a Glance

| Nutrient | What it Does | Best Food Sources |
|------------|------------------------------------|--|
| Calcium | Builds and maintains bone strength | Milk, yogurt, cheese, leafy greens, tofu, fortified drinks |
| Vitamin D | Helps the body absorb calcium | Sunlight, fatty fish, eggs, fortified milk |
| Magnesium | Helps activate vitamin D | Whole grains, nuts, beans, leafy greens |
| Zinc | Supports bone-building cells | Meat, seeds, whole grains, seafood |
| Vitamin K2 | Helps bind calcium in bones | Cheese, eggs, fermented foods |
| Protein | Builds and repairs tissue | Eggs, dairy, poultry, fish, beans |
| Collagen | Gives structure to bones | Bone broth, collagen supplements, protein + vitamin C |
| Vitamin C | Helps make collagen | Citrus, berries, bell peppers, tomatoes |

Habits Your Bones Will Love

- Move daily against gravity walking, dancing, or climbing stairs all help.
- Strength train 2–3 times/week using light weights or bands.
- Practice balance try chair yoga, tai chi, or standing heel raises
- Avoid smoking it weakens your bones.
- Limit alcohol, salt, and caffeine too much can weaken bones.
- Work with a trainer or physical therapist to stay safe and build strength.

Bone Boosting Nutrition Tips

- ✓ Eat 3 servings of calcium-rich foods each day
- Include protein with meals (meat, dairy, beans, tofu)
- Get vitamin D from sunshine or fortified foods
- ✓ Add foods rich in magnesium, zinc, K2, and vitamin C
- Drink water instead of soda or sugary drinks

