

STRONG BONES

need more than just milk!



#StrongerBones

Foods like broccoli and tofu provide calcium, while foods like mushrooms help your body absorb vitamin D – both essential for bone strength.

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PUMPKINS

aren't just for **CARVING!**



#PumpkinPower

They are packed with vitamin A, which supports healthy bone maintenance and overall skeletal health.



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Maintain your **BONE DENSITY!**



#FitnessForBones

Did you know your bones can adapt to the physical activity that you do? Keep your bones healthy and resilient by staying active every day. Take care of your skeleton – one vertebra at a time!

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SUNLIGHT is important for your BONE HEALTH!



#VitaminDPower

#BoneBoost

Exposure to sunlight helps your body produce vitamin D which plays an important role in calcium absorption.



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