

Healthy Bones

BONE PROTECTION

Building healthy bones is an important part of your general health. Protecting your bones and preventing bone decay and fractures is crucial to avoid serious problems later in life.

Healthy bone week falls in August, and Australians will come together to raise awareness about the importance of healthy bones.

Bone Facts:

Peak bone mass is achieved in the twenties.

A growth spurt during puberty is important for bone development.

Calcium, Vitamin D, and exercise are all important for the development of healthy bones.

BONE PROTECTION

Bone protection starts early

Dietary calcium, Vitamin D, and exercise are required to keep bones healthy.

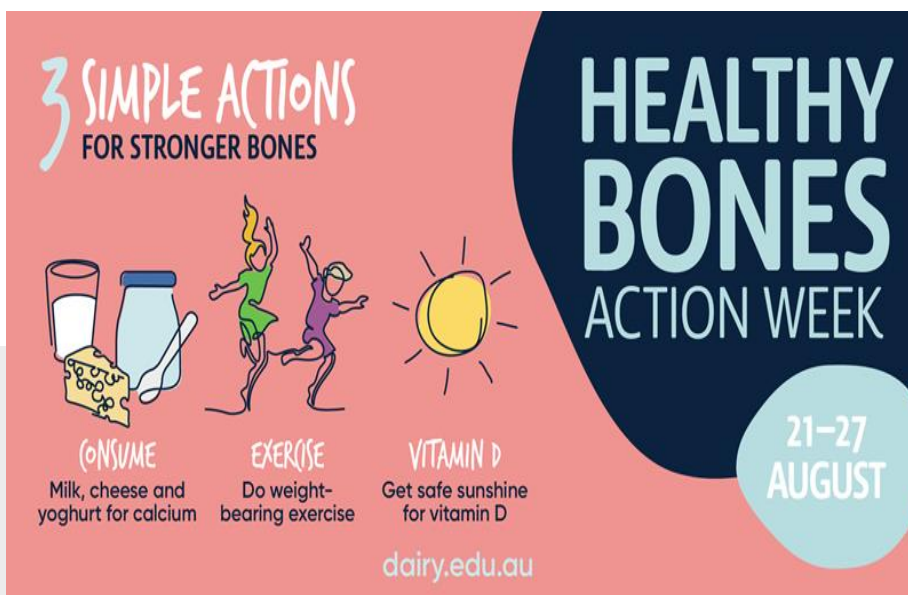
Did you know there are 206 bones in the body? The smallest bone is in the ear, and the largest is in the leg.

Bone is living tissue, and it is rebuilt to maintain healthy bones. This keeps the bones healthy and heals if there is a break in the bone or a fracture.

Osteoporosis is a condition that weakens the bones, and bones can break or fracture more than normal.

Let us discuss how we can prevent osteoporosis and maintain healthy bones.

Talk about bone health when you see your GP the next time.



3 SIMPLE ACTIONS FOR STRONGER BONES

CONSUME
Milk, cheese and yoghurt for calcium

EXERCISE
Do weight-bearing exercise

VITAMIN D
Get safe sunshine for vitamin D

HEALTHY BONES ACTION WEEK

21-27 AUGUST

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