

**Calcium, Vitamin D
& Exercise** support
the bones that
support every body.



Eat **calcium** rich foods. Dairy products have lots of calcium. It's also in green vegetables, tinned salmon, almonds and baked beans.

Get **Vitamin D** from the sun!
Ten minutes a day is enough.*

Get moving! **Exercise** helps your body to build strong bones. Run, Dance, Walk, Skip, Play a sport!



The Skeleton Crew
healthy bones
for every body

* Exposure to the sun is recommended on either side of the peak UV periods – before 10am and after 2pm (11am or 3pm in daylight saving time).



The Skeleton Crew

healthy bones for every body

Why are healthy bones so important?

Bones provide support and structure for our bodies, protect vital organs, work with muscles to help us move and store essential minerals. Strong, healthy bones are vital at every age, for every body.

The Bad News: 1 in 3 Australians have poor bone health and suffer from musculoskeletal conditions such as osteoporosis, scoliosis, rickets and poor healing fractures.

The Good News: It's easy to look after your bones at any age – it's never too late. There are three key elements required to build strong, healthy bones – **Calcium**, **Vitamin D** and **Exercise**. You can build strong bones by including calcium rich foods in your diet, getting adequate Vitamin D and having an active lifestyle.

Good Bone Health begins in childhood.

Childhood and adolescence is the best time to build strong and healthy bones. By the early 20's peak bone mass has been reached, meaning bones have reached their maximum strength and density. The stronger bones become, the less likely they are to weaken and break later in life.

The Skeleton Crew is teaching little bodies.

The Skeleton Crew performs for junior primary school children (aged 4-8) across metropolitan Adelaide. In a fun and interactive show, Sammy Strong Bones and Professor Fitbones explain the importance of Calcium, Vitamin D and Exercise for healthy bones.

The programme is funded by the Bone Health Foundation, but a gold coin donation is appreciated.

**To book a Skeleton Crew school visit
or to find out more about healthy bones,
email cellice-flint@bonehealth.org.au**

T 08 8231 7884 F 08 8410 6156
68 Halifax St, Adelaide SA 5000
bonehealth.org.au

