

Are You a BBB (Best Bone Builder)?

1. I spend at least 15 minutes each day walking (include the time you walk to school, your friend's house, around the mall, etc.)

- Yes (3 points)
 No (0 points)



2. I practice or play a weight-bearing sport such as soccer, football, lacrosse, basketball, or running at least three times each week.

- Yes (3 points)
 No (0 points)

3. Every day, I play actively for at least one hour (include the time you play at recess, during school PE, and with your family and friends)

- Yes (3 points)
 No (0 points)

4. I get enough calcium in my diet.*

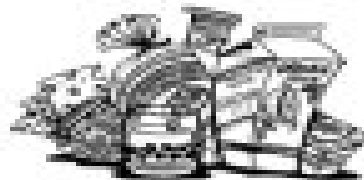
- Every day (3 points)
 At least five days each week (2 points)
 Three to four days each week (1 point)
 Two days or less each week (.5 points)

IT'S A FACT

Your body naturally builds bone when you are young. By the time you reach the average age of 30, your skeleton will be as strong as it ever can be.

To build strong bones now, be sure to maximize your bone and take as plenty of calcium.

*Aim for 1,300 milligrams of calcium if you are between the ages of 9-18. Kids ages 4-8 need 500 milligrams each day.



If you use dairy products, be sure to take in enough milk, yogurt and cheese servings for your age (five servings until age 8, three servings if you are 9 or older).

If you don't consume dairy products, you need three or more servings of calcium-rich foods such as calcium-fortified soy milk, rice milk, or orange juice, canned fish with bones, almonds, dark leafy greens, or other calcium-fortified foods.

What an Bone Builder!
Getting a well-balanced diet means that it also needs to hold a strong mixture of Vitamin A and D, magnesium, protein and other nutrients contribute to bone building and overall health.

- If you scored 9-14 points, you are a BBB! You are on your way to building healthy bones for life.
- If you scored 7-8 points, you might want to set a goal to get more calcium and exercise each day.
- If you scored 4 or fewer points, you are not building the best bones for life. Getting enough calcium in your diet and weight-bearing exercise are both needed to build a healthy skeleton.