

Bone Health



JUST FOR YOU

Maintaining proper bone health is very important for one's wellbeing because bones are the foundation of support and movement. Bones are responsible for protecting our brains, hearts, and other internal organs. There are many nutritional and lifestyle choices that enable you to build strong and healthy bones. If you do not take sufficient care for your bones, they can become weak and brittle, making them more susceptible to breaks.



TEAM TALK

Bone health is often overlooked when it comes to health topics. Discuss with your teammates this week how you keep your bones healthy, whether it's through exercise, foods, or both.

Share a high-impact or strength activity you did this week to strengthen your bones.

#FitEx #MyHealthyBones

RECIPE OF THE WEEK

The recipe for this week is Tuna Noodle Casserole. Tuna is an affordable source of vitamin D and broccoli is super rich in calcium.

Try making this recipe at home and post a picture on your social media using the hashtags:
"#BoneHealth"
and "#MealTime"
Scan the QR code below to take you to the recipe.

BONE HEALTH TIPS

There are many choices you can make in your day-to-day life to help protect and strengthen your bones. Eating foods rich in calcium and vitamin D, getting plenty of exercise, and having good health habits are just a couple of the ways you can benefit. Some foods high in calcium include nuts, beans/legumes, and green leafy vegetables. Vitamin D is important to consume with calcium because it aids in absorption. Good sources of Vitamin D include sunlight exposure and the consumption of fatty fish, liver, and cheese. Great exercises to promote bone health include strength training, which promotes the formation of new bone. Stay tuned for week 8 for more tips regarding strength training.

