



BlueResourceSM – Better Living – Building Strong Bones

Bone Up for Better Health

You have 206 bones in your body. They're unsung heroes. They protect organs, support muscles and skin and help power movements for our bodies. Your bones are also vulnerable to breaks and disease. Over time, bones can become less dense, thin and brittle due to aging, lifestyle choices and health issues. Here's how you can help keep yours strong.

Load up on calcium. Eat foods rich in calcium, like dairy products, almonds, broccoli, kale, sardines, salmon and tofu. Supplements may also help boost your intake.

Get enough vitamin D. Add healthy servings of salmon, trout, tuna, eggs, milk and cereal to your diet. If needed, supplements can help.

Stay physically active. Build stronger bones through weight-bearing activities. Walking, jogging and climbing stairs can help slow natural bone loss.

Toss your cigarettes. Stop smoking. It can speed up bone loss and contribute to osteoporosis – a disease that makes bones thin and brittle.

Tip the scales in your favor. Stay a healthy weight. Being underweight increases your chance of bone loss and fractures. Too much weight boosts your risk for fractures in the arm and wrist.



Take care of your bones.

Sources: *Five Ways to Build Strong Bones as You Age.* Mayo Clinic. 2020.
Bone Health: Tips to Keep Yours Bones Healthy. Mayo Clinic. 2020.

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