



# Corporate Bodies International

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Welcome to your  
Corporate Bodies  
International Fortnightly  
Health Email

## Fortnightly Challenge

Enjoy 3 serves of low fat  
dairy to meet your  
calcium requirements  
each day.



**Corporate Bodies  
International**

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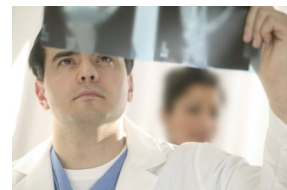
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**Corporate  
Bodies  
International**

This fortnight's healthy topic...

## Keeping Bones Strong



Our bones are an integral part of our physiological make up. They...

- Support and hold up our bodies (imagine if we were just skin??)
- Protect our brain, spinal cord and other vital organs
- Help with the movement of our bodies
- Aid in blood cell formation through bone marrow
- Store important minerals such as calcium and phosphate, which are released when the body needs them.

As we age our body's physiological functioning declines, including the weakening of our bones. In extreme cases, diseases such as Osteomalacia and Osteoporosis can cause our bones to weaken rapidly, which can lead to brittle bones that fracture easily.

### How do I keep my bones healthy ????

- Increase Calcium and Vitamin D  
Calcium is used to build bone, and Vitamin D is used to help absorb and deposit it into bone. Calcium is found in all low fat dairy products, and Vitamin D can be found in fish and dairy produce, Vitamin D can also be attained through sunlight exposure.
- Reduce or stop smoking. Nicotine is harmful to bones.
- Avoid caffeine or alcohol.
- Do regular weight bearing activities. Researchers have found that strength training can increase bone density. Suggested activities include walking, jogging, resistance training and dancing.

Decline in bone density is something that does not just affect some of us, it affects us all. By using the above information, you can maintain healthy bones and reduce decline in later years. Medication can also be used to keep bones strong, so if you're interested, please ask your G.P.

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**

Please visit our website [www.corporatebodies.com.au](http://www.corporatebodies.com.au) or contact us on Ph: 1300 21 31 41.