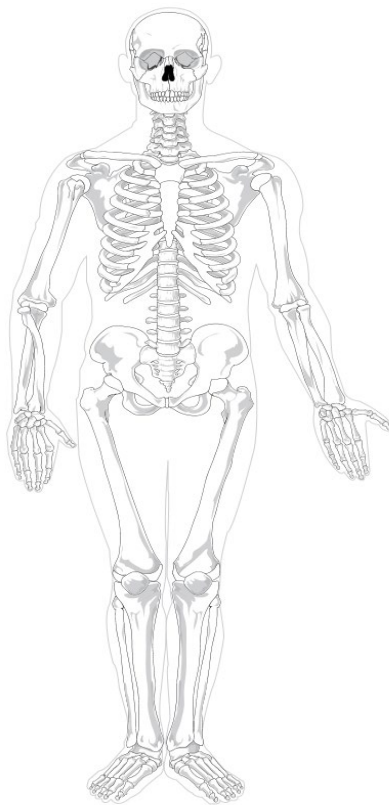


Healthy Bones leaflet

This leaflet has been made for people with learning disabilities to support them to understand bone health





It is very important to keep our bones healthy and strong as we get older.



Bones that become weak can break easily.



How can I keep my bones healthy?



Take regular exercise.

- Walking
- Dancing
- Swimming



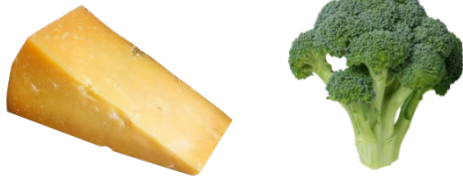
Eat a healthy diet.



Calcium is a mineral which helps keep bones strong.

Eat foods that have lots of calcium in them, such as-

- Milk



- Cheese
- Broccoli



Sunlight contains vitamin D which is good for bone health.

Spend time outside in the sunlight.

Remember to wear suncream.



Be careful.

Try not to fall over.



Do not drink lots of alcohol.





Try to stop smoking or try to cut down. You can get help to stop smoking here:

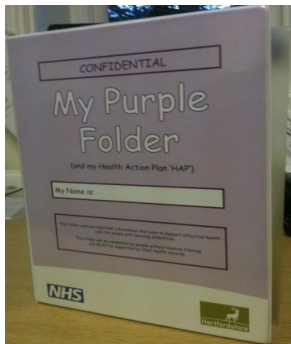
<http://www.smokefreehertfordshire.nhs.uk/>



Pharmacy

You can speak to the following people about your bones-

- Nurse
- Doctor
- Pharmacy



Put this leaflet in your Purple Folder if you want to talk about this at your Annual Health Check

For more information visit: www.nhs.uk/livewell/healthy-bones/pages/healthy-bones.aspx