

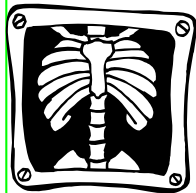
# Youth Health Bulletin

## May 2008

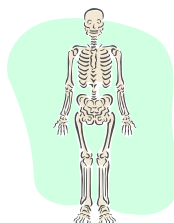


# Bone Health

May is Bone Health Month in Kentucky. Let's celebrate this month by learning how physical activity keeps your bones healthy. The adult skeletal system is made up of approximately 206 bones. These bones provide structure, protect organs, store calcium, and hold our muscles in place. It is important to maintain good bone health starting early in life to prevent injury and disease of the bones later in life.



According to the American College of Sports Medicine, weight-bearing physical activity during childhood may play an important role in the development of healthy, strong bones during adulthood. Weight bearing activities are activities that cause the bones and muscles to work against gravity and support body weight or weights that you can carry. Examples of weight-bearing activity include: walking, running, jumping rope, playing sports such as basketball, soccer, or tennis, climbing stairs, hiking, or dancing. You should participate in these activities every day.



**Physical activity can be done alone or with friends and/or family. Here are some games or activities you can do alone:**



😊 Jump Rope



😊 Dancing

😊 Hopscotch



😊 Gymnastics

😊 Chin-ups



**Here are some games or activities you can do with a group of friends or your family:**



Take a walk in the park or around your neighborhood

Play tag or hide-n-seek



Run races



Play a game of soccer or basketball



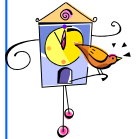
Weight training



Some tips to keep you on the right track for participating in physical activity include:



Find a place where you enjoy doing physical activity. It can be indoors or outdoors. If it is enjoyable for you, you are more likely to participate.



Pick a time that works best for you and treat exercise like a class you have to attend.



Remember physical activity can be done indoors during bad weather. You can dance or help do household chores.



A little sunshine is healthy for bones because sunlight helps your skin make Vitamin D. If you have fair skin, be sure to check with your physician about how much sun you can tolerate but even a few minutes of morning or afternoon sun should be safe here in Kentucky.



During hotter summer days you might want to do outdoor activities early in the before it gets too hot outside. If you are doing an activity in the hotter part of the day be sure to drink plenty of fluids and take frequent rest periods.

**Remember physical activity can be fun and enjoyable. Get your friends and family involved to make their bones healthy too.**

**UK**  
UNIVERSITY  
OF KENTUCKY  
Health Education  
through  
Extension Leadership

For more health  
information, visit the HEEL  
Program website:

[www.ca.uky.edu/hes/?p=6](http://www.ca.uky.edu/hes/?p=6)

#### Sources:

Centers for Disease Control and Prevention (2008). Physical activity for everyone. Available online at <http://www.cdc.gov/nccdphp/dnpa/physical/everyone/index.htm>

Centers for Disease Control and Prevention (2008). Bone health. Available online at [http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition\\_for\\_everyone/bonehealth/index.htm](http://www.cdc.gov/nccdphp/dnpa/nutrition/nutrition_for_everyone/bonehealth/index.htm)

Centers for Disease Control and Prevention. How much exercise do you need? Available online at: <http://www.cdc.gov/nccdphp/dnpa/physical/everyone/recommendations/index.htmonline>.

Kohrt, W.M., et al. American College of Sports Medicine Position Stand: physical activity and bone health. *Med Sci Sports Exerc.* 36:1985-96, 2004.

**Prepared by: Peggy Riley, RN, MSN**  
**Extension Health Specialist for Nursing**

