

I choose to have strong bones

I choose to change!

Here are things I can choose to do:

- Drink a glass of low-fat milk instead of a soda.
- Keep working on my sport!
- Choose not to smoke.
- Eat foods that build my bones:
 - Broccoli
 - Dark leafy lettuce
 - Almonds
 - Low-fat yogurt
- Take a vitamin pill with calcium and vitamin D.



Special Olympics
Health Promotion



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Personal Health Card

Today we measured three things that tell about your health:

1. How much body fat you have **(BMI)**
2. How strong your bones are **(BMD)**
3. Your blood pressure **(BP)**

Your BMI is:

- You are at a healthy weight.
- Your weight is not healthy.
Show this card to your doctor.

Your BP is:

- Your blood pressure is normal
- Your blood pressure is too high. Show this card to your doctor.

Your BMD score is:

- Your bones are healthy.
- Your bones need to be stronger. Show this card to your doctor.

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