

I choose to have strong bones

I choose to change!

Here are things I can choose to do:

- Drink a glass of full-fat milk
- Keep working on my sport!
- Choose not to smoke.
- Eat foods that build my bones:
 - Broccoli
 - Dark leafy lettuce
 - Almonds
 - Yogurt with no added sugar
- Ask your doctor if calcium and vitamin D are right for you



Special Olympics
Health Promotion

