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.

I choose to have strong bones.