

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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