

Four Ways to Take Care of Your Bones

•**Protect those skull bones (and your brain inside!) by wearing a helmet for bike riding and other sports.** When you use a skateboard, in-line skates, or a scooter, be sure to add wrist supports and elbow and knee pads. Your bones in these places will thank you if you have a fall!

•**If you play sports like football, soccer, lacrosse, or ice hockey, always wear all the right equipment.** And never play on a trampoline. Many kids end up with [broken bones](#) from jumping on them. Broken bones can eventually heal, but it takes a long time and isn't much fun while you wait.

•**Strengthen your skeleton by drinking milk and eating other dairy products (like low-fat cheese or frozen yogurt).** They all contain calcium, which helps bones harden and become strong.

•**Be active!** Another way to strengthen your bones is through exercise like running, jumping, dancing, and playing sports.