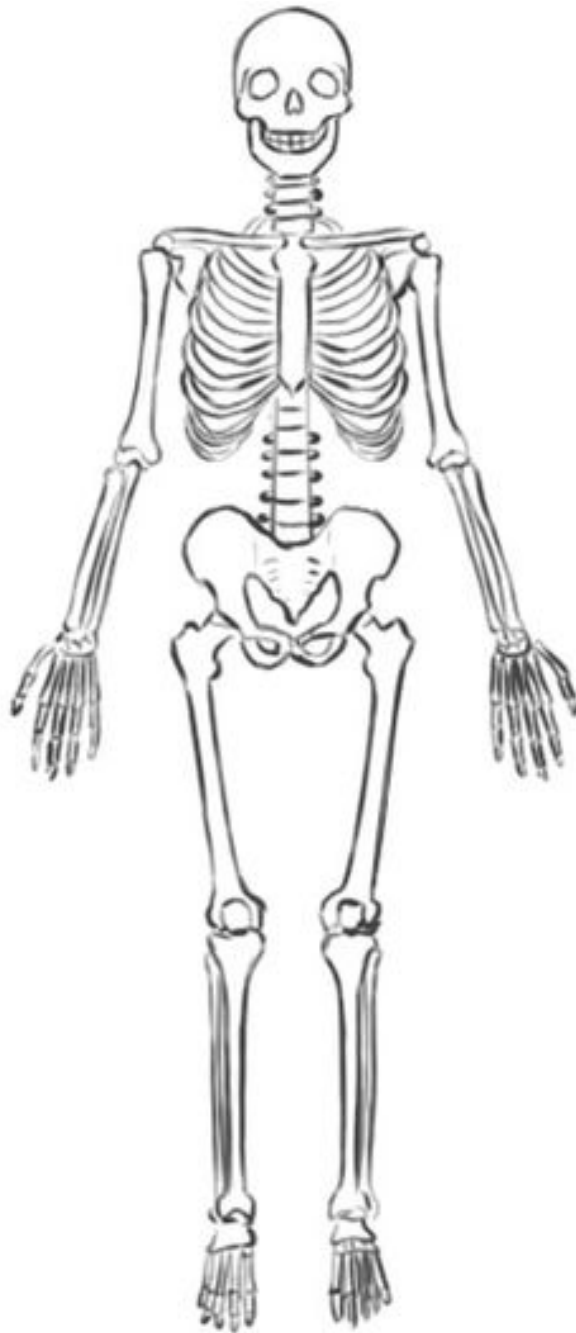# Healthy Bones

It is very important to keep our bones healthy and strong as we get older

Bones that become weak can break easily
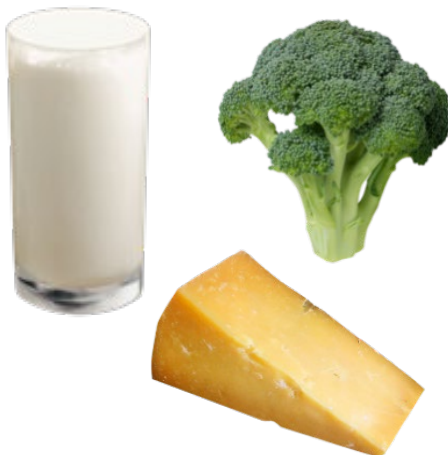
How can I keep my bones healthy?

Take regular exercise

- Walking
- Dancing
- Swimming

Eat a healthy diet

Calcium is a mineral which helps keep bones strong

Eat foods that have lots of calcium in them, such as

- Milk
- Cheese
- Broccoli

Sunlight contains vitamin D, which is good for bone health

- Spend time outside in the sunlight.

- Remember to wear suncream

Be careful!

Try not to fall over

Do not drink lots of alcohol

Try to quit smoking or try to cut down

You can get help to quit smoking here:

breathestopsmoking.org

You can speak to the following people about your bones

- Nurse

- Doctor

- Pharmacy

For more information about bones visit
nhs.uk/live-well/bone-health/keep-your-bones-strong-over-65/