

Exercise + Calcium-Rich Foods = Strong Bones

Can you unscramble these activities? All of these are weight-bearing activities that can help you get your daily exercise. Remember exercise strengthens both muscles and bones.

lebalt

tearak

inetns

goya

denangrig

inkgih

eccors

giwimmsn

cidnnag

hogwaidgtenk

ginski

kwingal

cbignicly

mepijorupng

lollibreadrng



ANSWERS: ballet, karate, tennis, yoga, gardening, hiking, soccer, swimming, dancing, walking the dog, skiing, walking, bicycling, jumping rope, rollerblading



University of Illinois * United States Department of Agriculture
 * Local Extension Councils Cooperating
 University of Illinois Extension provides equal opportunities in programs and employment.
 This material was funded by USDA's Food Stamp Program.