

Your bones



You are any age.

You may be a young adult. Like

- 20
- 25.



You may be an adult. Like

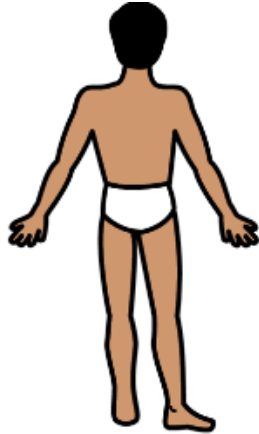
- 31
- 45.



You may be more than 55 years old.

Like

- 58
- 75.



You have bones in your body.

They are in all parts. Like your

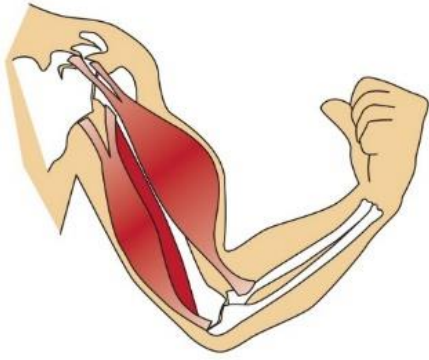
- arms
- legs
- neck
- back.



Your bones help you be

- strong
- well.

You need to look after your bones.



Your bones work with other parts
of your body. Like your muscles.



All the parts work with each other.

They help you do things. Like

- hold your cup
- sit up.



You may have problems with
your bones. Like

- they break
- they are weak.



You may have a bend in your back.

It is hard to move.



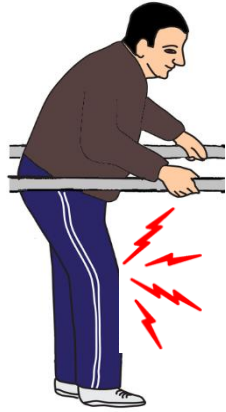
Your body hurts.

It makes it hard to move.



Bone problems can make it hard to

- swallow
- breathe.



Other parts may hurt. Like

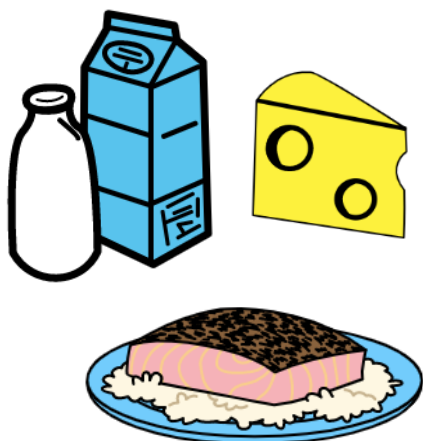
- your knees
- your hips
- your neck.



You are old. You may have more pain.



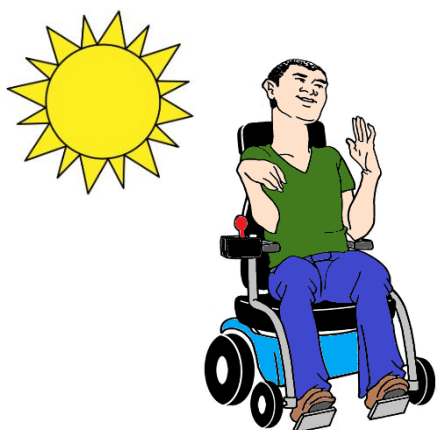
What can you do?



Some foods help your bones. Like

- milk
- cheese
- fish.

Have some each day.



Go in the sun.

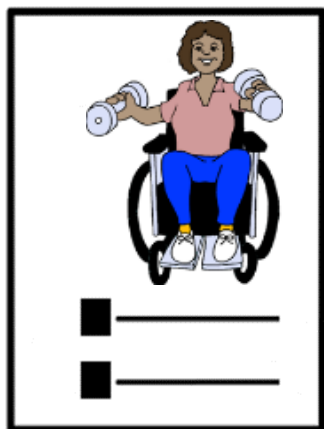
It is a little bit each day.

Like 10 minutes in summer.



Talk to a physio. They help you know

- what you can do
- what you want to do.



They make a plan that works for you.

Like you do things each day.

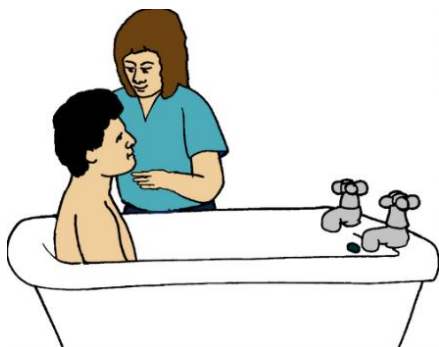
It helps your bones stay strong.



You may need help with pain.

Your doctor may give you

- a needle
- pills.



You can do other things.

It is for your pain. Like a warm bath.

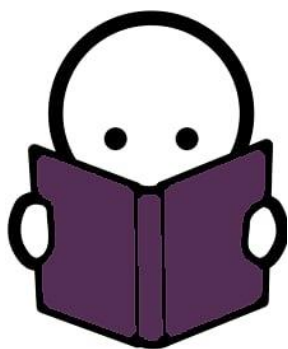


You can try

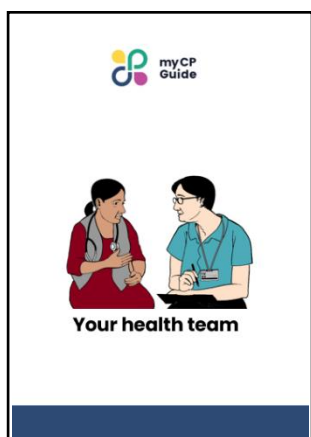
- ice packs



- a massage.

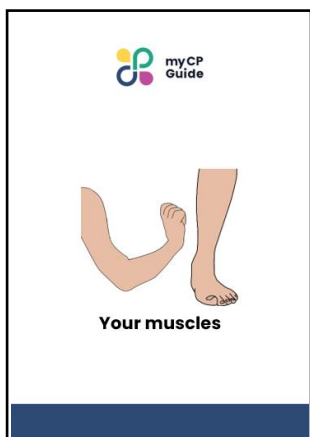


You want to know more



Read

Your health team.



Read

Your muscles.



Read

Places to get help.

Or



Places to get help. You are old.



Read

Stay fit.



Read

Your pain.



Read

You eat. You drink.