BOB
(Bag Of Bones)
Why do we need bones?

Bones are the framework of our body. Without bones we would be floppy, like jelly. Bones are inside us so that we can move, walk and run.

An amazing opportunity

While you are still growing, you have an amazing opportunity – the chance to make your bones as strong as possible.

Build bones to last a lifetime

Building strong bones when you are young helps to protect against having weak, fragile bones when you are older.
Bone building

Just as builders can’t build a solid house if they are short of bricks and mortar, so your body needs plenty of calcium to build strong bones.

Where’s the calcium?

Our bodies can’t make calcium. We get it from what we eat and drink. Milk, yogurt and cheese are among the best natural sources of calcium.

Three a day

Three servings of milk, yogurt or cheese every day will provide most people with just about all the calcium their body needs.
Almost all of your skeleton is formed by the time you are 20 years old.

You need most calcium when you are a teenager – three to four servings of milk, yogurt or cheese will help ensure that teenagers get all the calcium they need.

Between being born and becoming an adult your bones gain about 1kg of calcium.

Vitamin D helps your body make the most of the calcium you eat. You can keep your vitamin D levels topped up by going out in the sunshine regularly and eating foods such as oily fish and meat, or foods with added vitamin D.

Bones also love exercise – particularly activities that keep you on your feet, such as walking, running, football, netball, hockey, dancing, rounders and tennis.