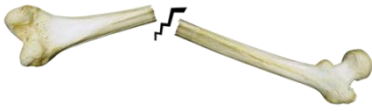# Healthy Bones

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

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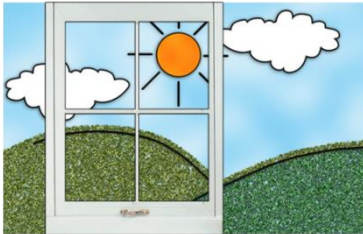
How can I keep my bones healthy?

take regular exercise

eat a healthy diet

eat foods that have calcium

spend time out of doors in the sunlight
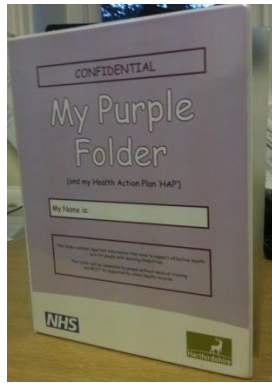
avoid falls

do not drink lots of alcohol

cut down on smoking or stop smoking.

You can get help on not smoking here:

http://www.smokefreehertfordshire.nhs.uk/

Pharmacy

Speak to your doctor, nurse or pharmacist about keeping your bones healthy.

Take this leaflet with you to your

Annual Health Check

For more information visit

www.nhs.uk/livewell/healthy-bones/pages/healthy-bones.aspx