

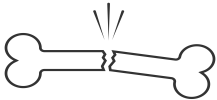


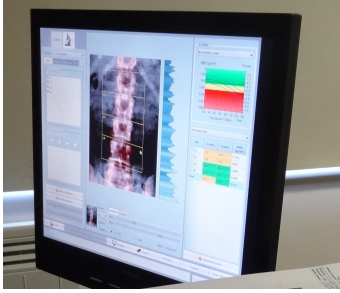


Strong Bones Are Happy Bones!

	<p>My skeleton is made up of lots of bones.</p> <p>My bones are strong to keep my body safe.</p>
	<p>My skeleton helps me to sit and stand and move.</p>
	<p>I want to keep my bones strong so they won't break.</p>
	<p>I eat healthy food every day to keep my bones strong.</p>
	<p>I am active every day to keep my bones strong.</p>

How Strong Are My Bones?

	I can find out how strong my bones are if I have a picture taken of my bones.
	My doctor can arrange for me to go and have the picture taken.
	I lie on a bed to have my picture taken. It does not hurt me.
	I can see my bones on the screen.
	I am reminded how to keep my bones strong.

Remember Strong Bones Are Happy Bones!