

## HEALTH NOTES AWARENESS



“Remember, a apple a day, keeps the doctor away”

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### STRESS AND YOUR BONES

Recent studies have found that chronic stress can lead to osteoporosis, the bone-thinning disease that affects an estimated 10 million Americans 50 or more older, So what can you do?



#### Cut Out Sodas

Acid can break down bone mass.



#### Get More Calcium

Adults 51 to 70 need up to 1200 milligrams daily.



#### Work Out Every Day

Lifting weights and walking keep bones strongest.