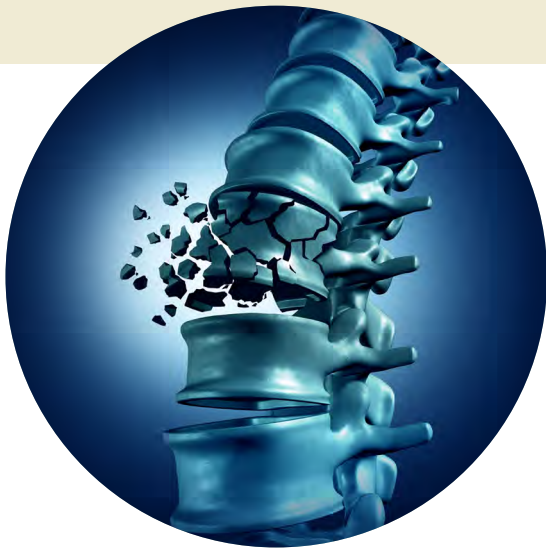


Spare a thought for your skeleton

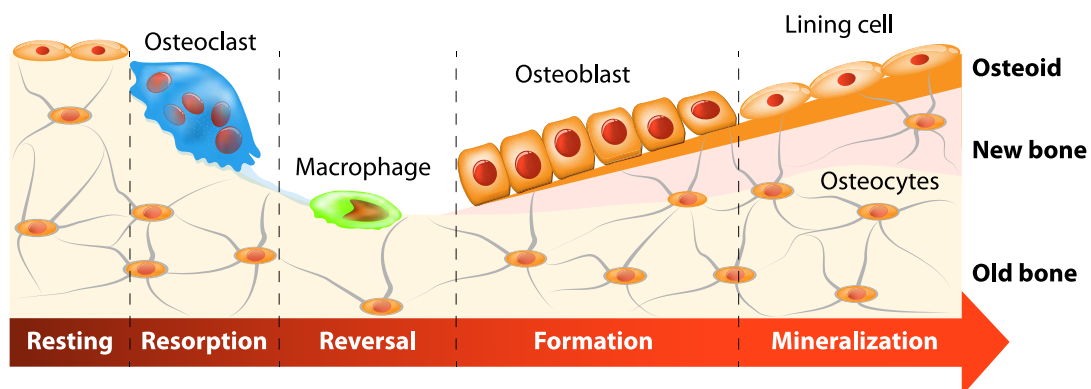


Our skeleton isn't something we tend to think about!

But make no bones about it – if you want to live an active, independent life well into old age, a healthy skeleton matters.

Bones are active, living tissue made up of cells, blood vessels, proteins and minerals. There are 206 of them in an adult skeleton, and they're continually being strengthened and renewed through a process called 'remodeling'.

Cells called osteoclasts break down old bone, cells called osteoblasts form new bone, and cells called osteocytes control the process. It's always happening, whether you're 2 or 92, which means you replace almost your entire skeleton every 8-10 years.



This means it's never too early (or too late!) to think about better bone health.

Small changes to your lifestyle now could make a difference as you age, helping you continue to live fully and avoid the risks of poor bone health (which can lead to osteoporosis).

So spare a thought for your skeleton, and visit bones.org.nz to learn more about better bone health.

Know Your Bones™

Visit bones.org.nz/knowyourbones to complete an online bone health assessment - you'll get a personalised report explaining your risk of fracture and osteoporosis, plus recommendations for better bone health.

Please share this fact sheet with friends and family if you think it would be useful to them, and encourage them to email join@bones.org.nz to receive more information and updates.