

## Super Strong Bones Need Calcium and Exercise

The key to strong, healthy bones is calcium. Your bones are mainly made up of calcium, so it's super important that you get enough of it. Doctors say that we need to get two or three servings of calcium-rich milk products each day. There are lots of foods that are high in calcium - things like low-fat or fat-free milk, yogurt, cheese, low-fat ice cream, and even broccoli.

If someone doesn't get enough calcium, they could get osteoporosis, a bone disease. This means that the bones have holes or pores in them. If someone had this, their bones could become brittle and break. Not fun!

### Fun Facts:

Milk is special because no other beverage in the world contains as many natural nutrients.

It's also important to get plenty of exercise to build strong bones. Weight bearing exercises are great for bone building. This type of exercise creates new bone tissue. Weight bearing exercises include running, walking, dancing, climbing stairs, jumping rope, and playing team sports.



# Two or Three Servings

### Joke of the Month:

Q: What do you get from a pampered cow?

A: Spoiled milk.

October 2010

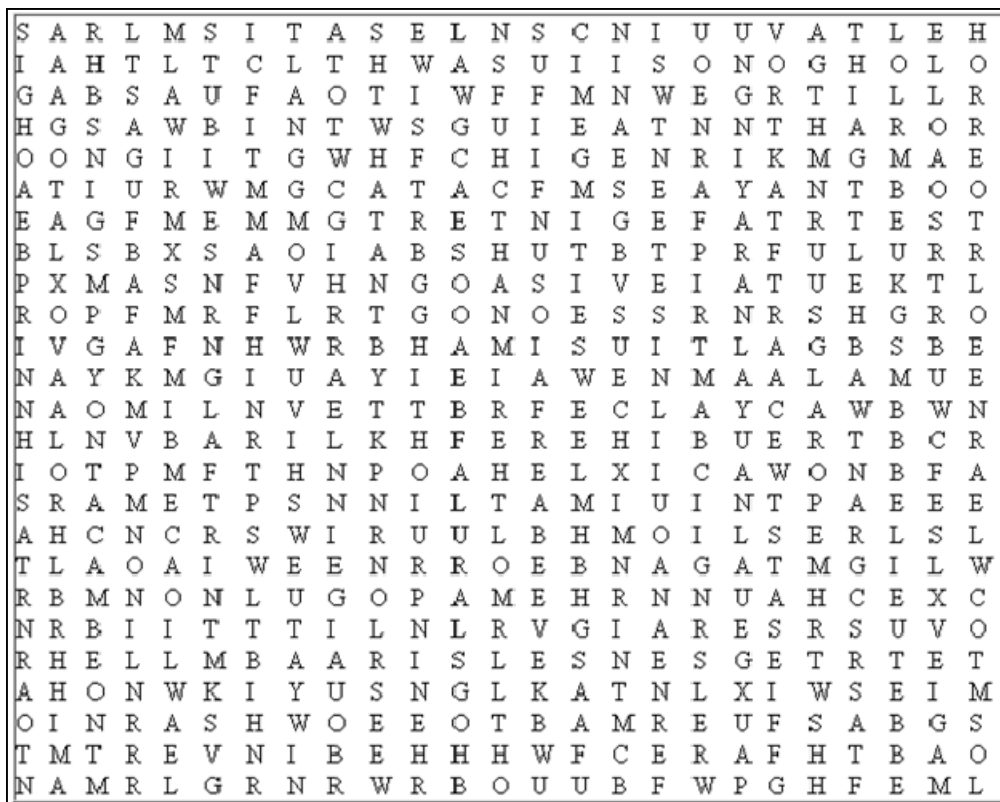
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# Game of the Month: Healthy Word Search

Find the words that describe healthy things to do. After, you could participate in that activity or eat that snack food!



Exercise	Cucumbers	Banana	Swimming	Low-Fat
High-Fiber	Water	Milk	Play	Vegetables
Fruit	Whole-Grain	Tomato	Grapes	Running

## Kid2Kid Recipes: Frozen Yogurt Pops

### Ingredients:

- ☉ 1 8 oz container of your favorite flavor of yogurt

### Utensils:

- ☉ Small paper cups
- ☉ Wooden popsicle sticks (available in craft stores)
- ☉ Plastic wrap

### Directions:

- ☉ Pour yogurt into paper cups. Fill them almost to the top.

- ☉ Stretch a small piece of plastic wrap across the top of each cup.
- ☉ Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
- ☉ Put the cups in the freezer until the yogurt is frozen solid.
- ☉ Remove the plastic wrap, peel away the paper cup, and eat your pop!



## Activity of the Month: Name Pantomime

- Players stand in a circle.
- Have them stand apart from each other at an arm's length.
- Ask each person to think of a verb and an action which starts with the same letter as the person's first name. Example: Jumping James, Spinning Sarah, Push-ups Peter.
- The person does the action and yells out their action-name. Everyone then repeats the action and the action-name.
- To make it a little harder, have one person volunteer to go around the circle and say all the action-names while doing all of the actions!



### Be a Kid2Kid Writer!

Being a Kid2Kid writer is easy. Just write an article about yourself, a recipe, a health-related joke, or something you do to stay healthy and active! Send it with a picture of what you are writing about, your first name, age, and school to [kid2kid@healthmpowers.org](mailto:kid2kid@healthmpowers.org).

**Be sure to ask your teacher and parents first, though.**

Send your article to us on or before November 1st. It's that simple! Don't worry if you don't see your article right away, it may show up in a future newsletter or on our website.

## Submit your Work!

In this space, **make an advertisement** for eating calcium-rich foods. Send it to [kid2kid@healthmpowers.org](mailto:kid2kid@healthmpowers.org) and keep an eye out for next month's issue. You may be featured!

## Submit your Work!

Email your articles, jokes, success stories, recipes or health activities regarding the monthly health focus to [kid2kid@healthmpowers.org](mailto:kid2kid@healthmpowers.org).

**November-** Reduce screen time to 2 hours or less every day.

**December-** Give the gift of health to others. Encourage healthy eating and exercise.

**January-** Limit high fat foods.

**February-** Exercise or play for 60 minutes every day.

**March-** Read food labels.

**April-** Limit high sugar foods.

**May-** Healthy summer fun.