

STEPHEN GLOVER

STAFFORD SPORTS AND PERFORMANCE ACADEMY

STEPHENGLOVER@STAFFORDSPORT.CO.UK - 07793891029

WWW.STAFFORDSPORT.CO.UK

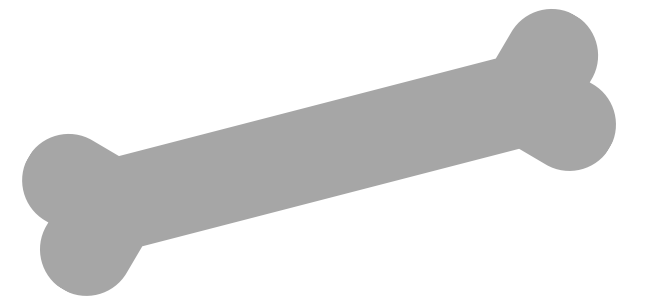
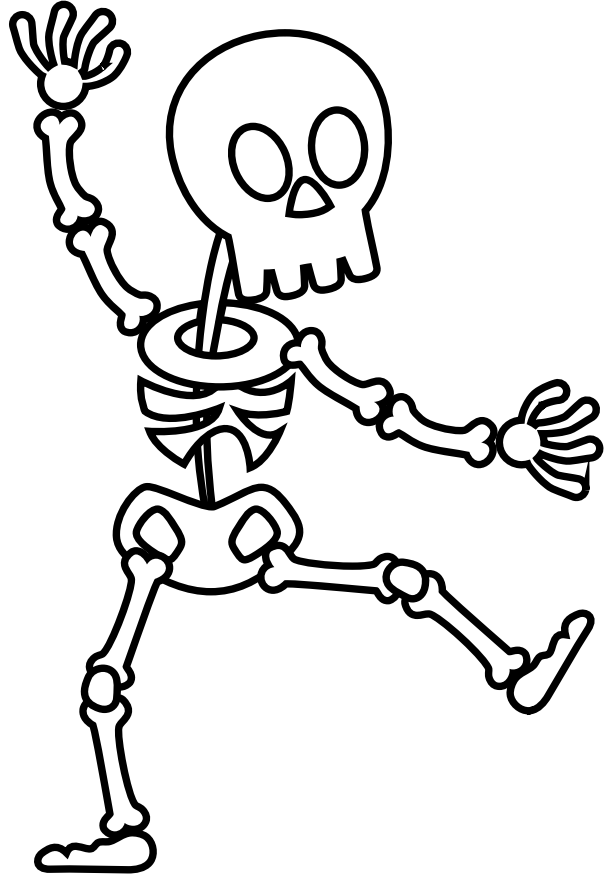
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BUILDING BETTER BONES

A HEALTHY DIET = STRONG BONES

YOUR BRILLIANT SKELETON IS A LIVING THING AND NEEDS VITAMINS AND MINERALS TO KEEP STRONG AND HELP YOU STAY ACTIVE.

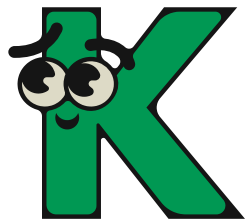


THE MAGIC INGREDIENTS FOR STRONG BONES ARE

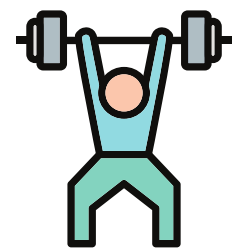
CALCIUM - MILK, CHEESE, YOGURT, CANNED FISH (WITH THE BONES) NUTS, SEEDS, GREEN LEAFY VEG, LIKE KALE AND BROCCOLI, FIGS, BEANS, ORANGES, AND TOFU.



VITAMIN K - THIS VITAMIN HELPS BONES TO FORM. YOU CAN FIND IT IN A RANGE OF DARK LEAFY GREEN VEGGIES LIKE KALE AND SPINACH. IT'S ALSO IN BEANS AND SOY FOODS



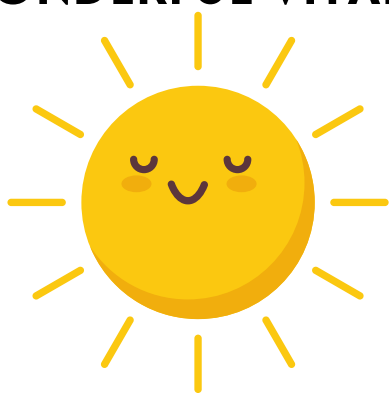
MAGNESIUM - IT'S REALLY IMPORTANT FOR GETTING CALCIUM INTO THE BONE TO STRENGTHEN IT. FIND IT IN MEAT, NUTS, SEEDS, LEAFY GREEN VEGGIES, DARK CHOCOLATE AND WHOLE GRAINS.



IT'S SUPER IMPORTANT TO GET ALL OF THESE NUTRIENTS, ESPECIALLY IF YOU'RE AGED BETWEEN 11 AND 12 AS THIS IS THE AGE WHEN BONES GROW AT THEIR FASTEST.

VITAMIN D - THE VERY BEST WAY TO GET VITAMIN D IS TO GET OUTSIDE IN THE SUNSHINE, BETWEEN MARCH AND LATE SEPTEMBER.

WHEN YOUR SHADOW FALLS BEHIND YOU, THIS MEANS YOUR BODY IS GETTING SOME OF THIS WONDERFUL VITAMIN.



TAKE CARE NOT TO BURN, YOU DON'T NEED TOO LONG IN THE SUN TO MAKE VITAMIN D WHEN IT'S HOT.

ONLY A FEW FOODS CONTAIN NATURAL VITAMIN D, SUCH AS EGG YOLKS, OILY FISH AND SOME MUSHROOMS. BUT YOU CAN GET SOME CERALS AND JUICES THAT HAVE ADDED VITAMIN D

SARAH MOCKETT BSC NMED CNHC REG NUTRITION PRACTITIONER - 07815 757317