



Frisbee

String cheese

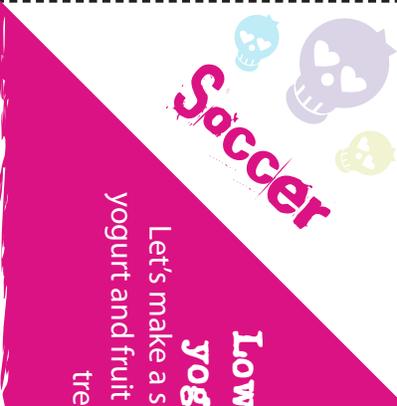
Melt string cheese in a fortified tortilla and dip in salsa for a perfect snack before or after Frisbee!

Broccoli

Check out bestbonesforever.gov for yoga tips and yummy recipes with broccoli. Broccoli has potassium to help you restore after yoga.



Yoga



Soccer

Low-fat yogurt

Let's make a smoothie with yogurt and fruit for a post-game treat!



Hopscotch

Low-fat chocolate milk

Let's grab a glass of low-fat chocolate milk for a refreshing treat after hopscotch!



Walking

Cereal with added calcium

A bowl of cereal with added calcium and low-fat milk or a soy drink will help energize us for our walk.

Orange juice with added calcium

What's a great thirst quencher after dancing? OJ with added calcium!



Dancing



Hiking

Almonds

Toss a handful of almonds in our bag to bring on our hike for a satisfying calcium and protein rich on-the-go snack.

Vanilla frozen yogurt

Let's cool down after jump roping with a frozen yogurt banana (high in potassium) split.



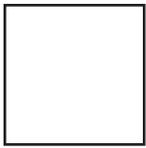
Jump Rope



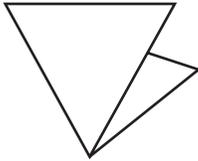
Best Bones Forever

Best Bones Forever!

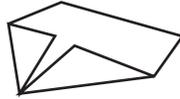
Origami Fortune Teller



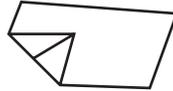
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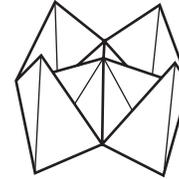
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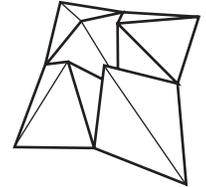
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6.



7.

What bone building behaviors lie in your future? Grab your mom and play to find out!

1. Start by printing the design on an 8 1/2 X 11 piece of paper. Cut out the square using the dotted lines.
2. With the blank side of the paper facing you, fold the opposite corners together to make a crease and unfold. You will now have a square piece of paper with diagonal creases going from corner to corner.
3. Fold each corner to the center and turn over.
4. Fold the new corners to the center. Do not turn over.
5. Fold the square in half from edge to edge in both directions.
6. Turn the square over and put thumbs and forefingers under each flap and bring fingers together toward middle.
7. Now, you will have a color on each outside flap and an activity on each inside triangle. You will have four colors and eight activities. Finally, you will find a bone-strengthening food behind each activity on each innermost triangle. Voila! Your origami fortune teller is complete!

How to play the game:

1. Hold the fortune teller and ask your mom to choose one of the colors shown.
2. Spell out the chosen color by opening and closing the fortune teller, and stop.
3. Have your mom choose one of the activities that is shown. Count out the number of letters in that activity by opening and closing the fortune teller, and stop.
4. Again, have your mom choose an activity, and repeat step 3.
5. Have your mom choose one last activity. Then, open the flap beneath that number and read the bone-strengthening food that matches the activity.
6. Get moving! Pair the recommended activity and food for a fun and delicious way to strengthen your bones!

Now's the time to build your best bones forever. "Grow strong together and stay strong forever" by trying these fun activities and yummy foods!



www.chronicdisease.org



www.bestbonesforever.gov