



## Build Bone Strength & Density

### Health and Wellness

**Tip of the Week**  
**Week 19**  
**May 11, 2020**

Our Mission is to promote  
health awareness and  
encourage healthy lifestyles.

## Build Strong Bones

Follow these steps to improve your bone health:

- Take medication to strengthen bones.
- Don't take medications that can weaken your bones.
- Have plenty of calcium and vitamin D in your diet.
- Use weights when exercising.
- If you smoke, stop.
- Limit the amount of alcohol you drink.

Improve your bone health today. Don't wait until you have a broken bone to start following these steps.

*Source: Centers for Disease Control and Prevention*

**City of Mission**  
**Human Resources Department**  
**1201 E. 8<sup>th</sup> Street**  
**Mission, TX 78572**  
**956-580-8631**  
**[www.missiontexas.us](http://www.missiontexas.us)**