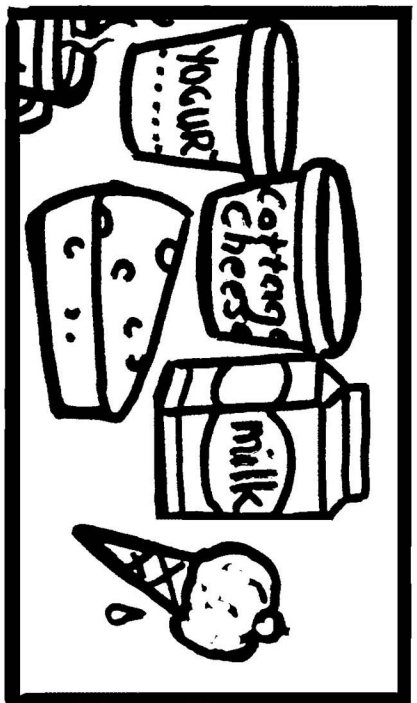
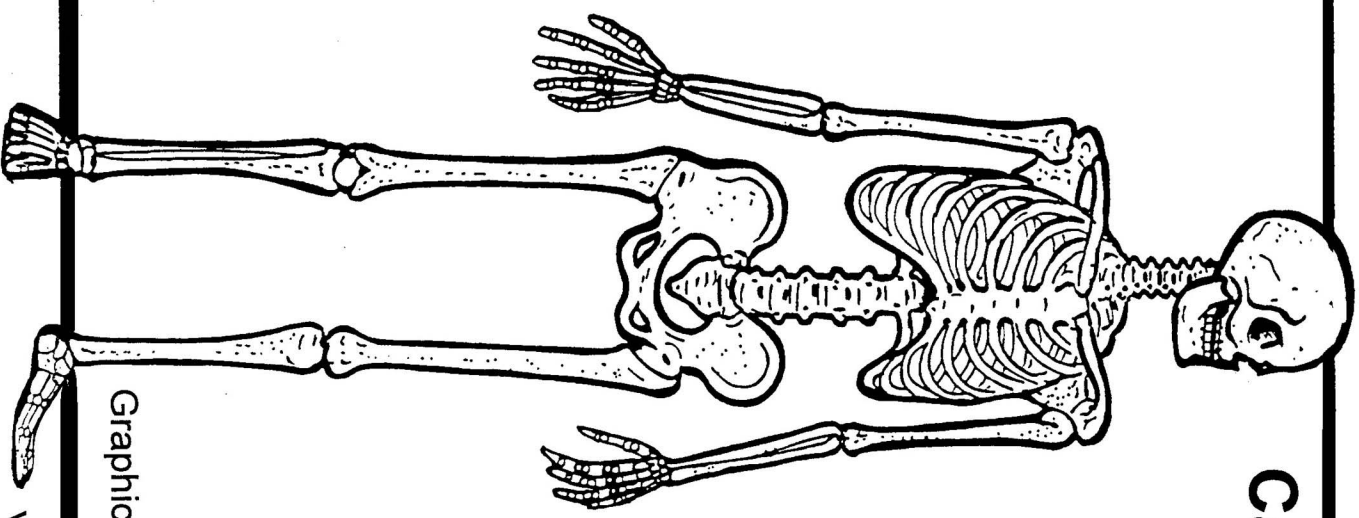


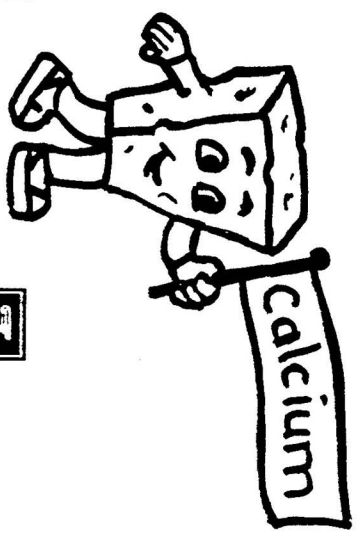
Calcium



Bones carry your weight. You need strong bones to be active and healthy. Exercise daily and stay active.

Did you know?
There are 206 bones in your body?

Graphics by Mary Connors 2001



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