



OH NO!...

Don't forget to take D3 To prevent bone loss!

Did you know:

Walking will help keep your bones strong.

Your bones are a storage house for calcium.

If you don't keep up on your calcium intake, your body will "suck your bones dry" and begin the road to OSTEOPOROSIS!

YOUR FALL and WINTER HOMEWORK:

Get as much sunlight exposure as possible

Take D3 daily

Take a certified **Calcium supplement** (not Tums!)

Walk everyday - even if it's indoors

Drink lots of fluids - 1/2 your weight in ounces

Example: 140lbs = 70oz daily



You can also get calcium from foods like:

Soybeans (edamame)	Bok choy
Collard greens	Kale
Spinach	Broccoli
Turnip greens	Dark chocolate



Results You Can Feel.

Call us to find out what chiropractic benefits are covered by your insurance.

425-670-2600

BackToAction.com

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Looking for a Chiropractor to help reduce neck pain and headaches? CALL US TODAY!