

|                  |              |             |          |              |
|------------------|--------------|-------------|----------|--------------|
| <b>B</b>         | <b>I</b>     | <b>N</b>    | <b>G</b> | <b>O</b>     |
| WALKING          | AGE          | EXERCISE    | SMOKING  | OSTEOPOROSIS |
| DIET             | VITAMIN D    | POROUS      | ALCOHOL  | SUNSHINE     |
| WEAK AND BRITTLE | BONE DENSITY | <b>FREE</b> | HEALTHY  | MEDICATION   |
| STRONG           | MILK         | PROTEIN     | FRACTURE | <b>PAIN</b>  |
| CALCUIM          | SPINE        | DOCTOR      | WOMEN    | ESTROGEN     |

|                        |             |             |          |                 |
|------------------------|-------------|-------------|----------|-----------------|
| <b>B</b>               | <b>I</b>    | <b>N</b>    | <b>G</b> | <b>O</b>        |
| WEAK<br>AND<br>BRITTLE | WOMEN       | ALCOHOL     | MILK     | DIET            |
| SMOKING                | MEDICATION  | EXERCISE    | PAIN     | BONE<br>DENSITY |
| HEALTHY                | AGE         | <b>FREE</b> | FRACTURE | PROTEIN         |
| ESTROGEN               | WALKING     | DOCTOR      | STRONG   | CALCIUM         |
| OSTEOPOROSIS           | <b>FRAX</b> | SUNSHINE    | POROUS   | VITAMIN<br>D    |

|              |              |                        |          |                 |
|--------------|--------------|------------------------|----------|-----------------|
| <b>B</b>     | <b>I</b>     | <b>N</b>               | <b>G</b> | <b>O</b>        |
| STRONG       | FRACTURE     | WEAK<br>AND<br>BRITTLE | ESTROGEN | SMOKING         |
| SPINE        | SUNSHINE     | WOMEN                  | MILK     | BONE<br>DENSITY |
| PROTEIN      | ALCOHOL      | <b>FREE</b>            | HEALTHY  | EXERCIS<br>E    |
| FRAX         | OSTEOPOROSIS | CALCUIM                | AGE      | WALKING         |
| VITAMIN<br>D | POROUS       | MEDICATION             | PAIN     | DOCTOR          |