

# STRONG BONES BUILD STRONG BODIES!



## DID YOU KNOW?



**Peak bone mass is reached around 25 years of age.**

Proper nutrition at a young age is important to build strong bones and reduce your risk of injury.

**D**

**Vitamin D is vital for calcium absorption and building bones.**

These two nutrients work hand-in-hand. We hear a lot about getting calcium through food, but we must also get enough vitamin D in order to use that calcium to build strong bones. Milk has both!



**Inadequate calorie consumption can lead to poor bone health.**

Eating enough overall calories is important for proper hormone function, rebuilding after hard training, and keeping muscles strong to support healthy bones.

## WHY DAIRY FOR BONE HEALTH?

The nutrient package in dairy foods is uniquely beneficial for athletes. Dairy contains calcium, vitamin D and protein. All of these nutrients are necessary to build strong bones to achieve peak performance.





## 3 SIMPLE STEPS TO HEALTHIER BONES

1



### BE SURE TO EAT ENOUGH

- Have regular meals and snacks throughout the day. Most athletes need 3 substantial meals and 2 to 3 snacks.
- Focus on recovery nutrition when engaged in heavy, long training sessions or more than one bout or game per day. Chocolate milk is a great recovery tool!
- Your body needs fuel to be at its best. Skipping meals or restricting calories puts you at risk for bone injuries, among other issues.

2



### HAVE 3 A DAY, YOUR WAY

- Aim for 3 or more servings of dairy every day to promote strong bones.
- Add cheese to your breakfast scramble or burrito.
- Cook oatmeal with milk instead of water.
- Choose a protein-powered snack like yogurt and fruit.
- Enjoy a glass of milk with dinner.
- Keep chocolate milk on hand to jump-start recovery after exercise.

3



### RECOVER SMART

- Give your body time to recover well. Sleep, rest days and easy days are critical to making performance gains.
- When you're pushing your body to its max, replenishing nutrients becomes more critical. Make a plan for how you'll handle your nutritional needs during high-demand training periods or travel.
- Getting out and enjoying some sunshine can do wonders for the mood (while also boosting vitamin D levels!). So get outside for a little refresher whenever possible.



For more information on how to fuel your everyday greatness, scan the QR code or visit: [Greatness.Unbottled.com](https://Greatness.Unbottled.com)