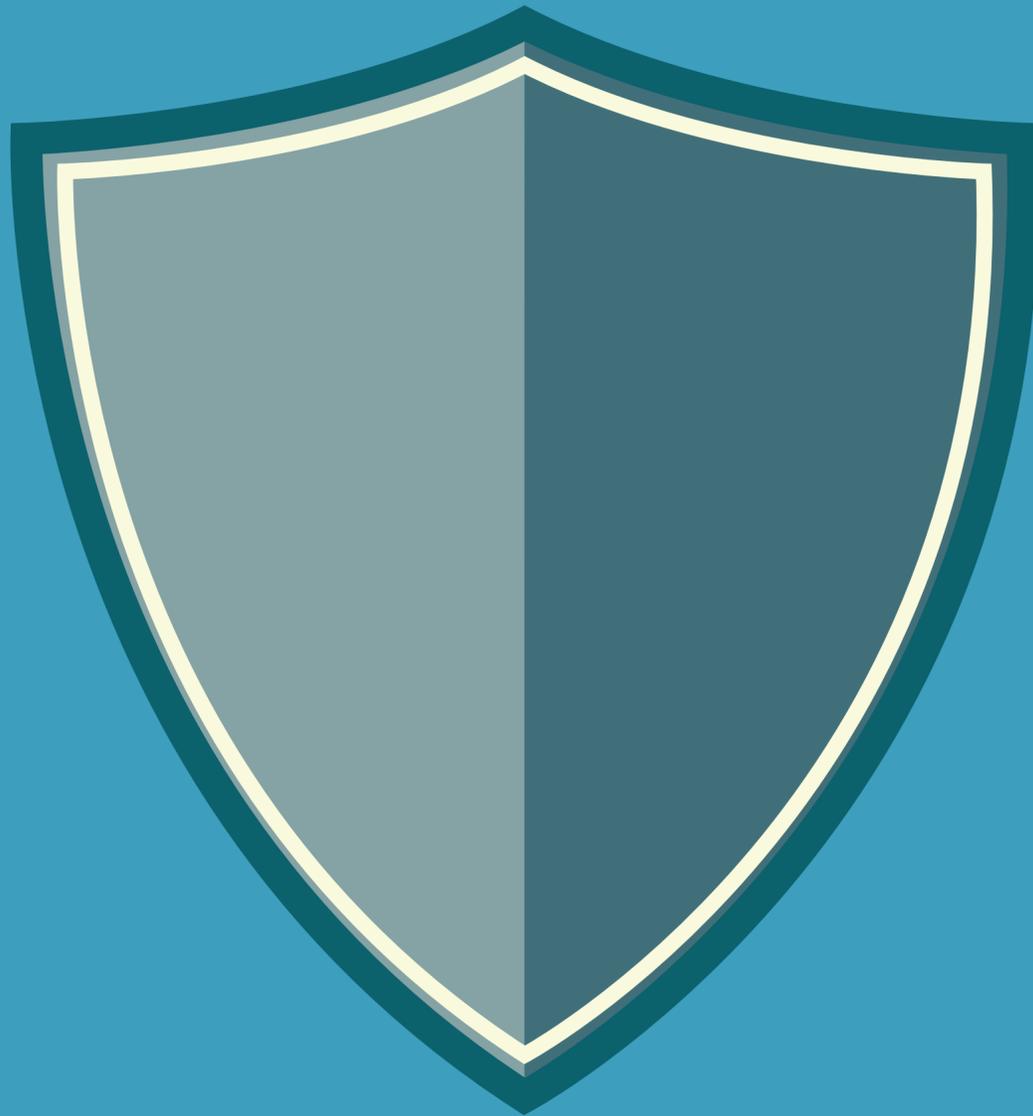


# LOVE YOUR BONES



## Protect your future

Your long-term bone & muscle health starts now! Take early action through:



Regular exercise



A bone-healthy diet



Consulting your doctor  
about osteoporosis risk

