

# TIP OF THE WEEK

## Bone and Joint Health

**Key nutrients for bone and joint health include calcium, magnesium, and vitamin D.**

*Calcium and magnesium come from food sources such as yogurt, dark, leafy greens, nuts and seeds, and many more.*

*Vitamin D is produced by your body when your skin is exposed to the sun.*

**Exercise is also important for keeping your body strong and healthy.**

*Weight-bearing activity, such as walking, jumping rope, and weight-lifting are all great muscle, bone, and joint-strengthening exercises.*



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