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.