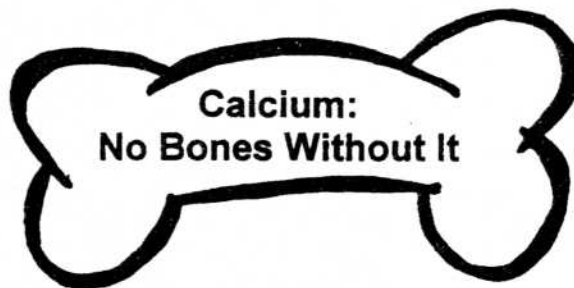


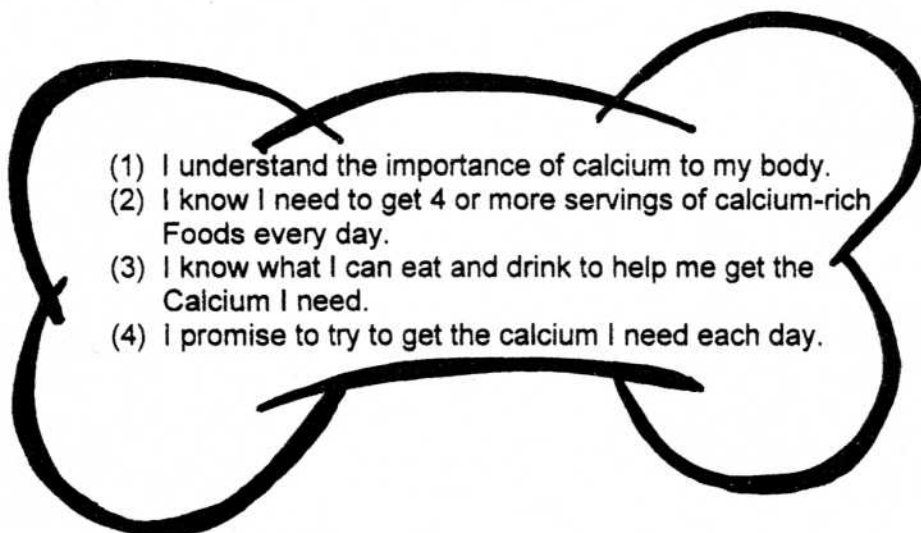
# Calcium Pledge Card



Calcium is important in building bone strength and reducing the risk of bone breaks. Calcium also helps the teeth and heart be strong, muscles and nerves to function properly, and maintain blood flow. Weight-bearing exercise such as dancing, weight-lifting, or running is also needed to help the bones grow properly. Smoking, poor eating habits, alcohol use, and caffeinated beverages take away from bone mass.

Most teens get their calcium from dairy products (milk, yogurt, and cheese) but many do not know that calcium is also found in other foods such as broccoli, oranges, cabbage, beans, and tofu. It is recommended that guys and gals aged 9-18 get four or more servings of calcium-rich foods every day.

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Name (please print clearly)