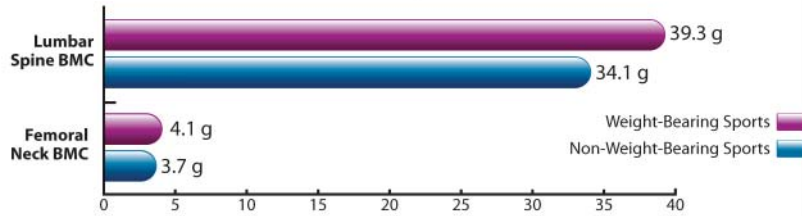


Building Strong Bones for a Lifetime

A recent study links teenage participation in weight-bearing sports with increased bone mineral content following menopause*:



*The study also noted increased bone mineral density and other geometric/structural advantages of bone strength attributable to participation in weight-bearing sports.

SOURCE: Kato T, Yamashita T, Mizutani S, et al. Adolescent exercise associated with long-term superior measures of bone geometry: a cross-sectional DXA and MRI study. *British Journal of Sports Medicine* 2008.