



CIRCLE *of* RESPONSIBILITY

Discover The Three Components of Bone Health at CircleofResponsibility.com

Calcium is an important micronutrient that the body needs to be healthy, but it's only one part of the formula for good bone health. Vitamin D, which the body produces from sunlight, plus regular weight-bearing exercise are also critical to maintaining healthy bones.

Visit www.CircleofResponsibility.com and check out the Nutrition Basics section under the Well Being tab to learn about different vitamins and minerals and the foods that contain them. Then check out the Physical Activity tab to learn more about activities to help you maintain healthy bones.

- **Nutrition Basics:** Learn the science on how our bodies use calcium, and how micronutrients maintain good health.
- **Physical Activity Chart:** Learn about physical activities, ranked in order of intensity level, to choose an activity that's best suited for you. Physical fitness is a key part of overall health!

BON APPÉTIT
MANAGEMENT COMPANY

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