

**BONES-N-BALANCE PRESENTS:**  
*The* **B.O.N.E.S. SERIES**  
SESSION ONE



# B is for Bones and Body Awareness

Understanding how your bones support  
your whole body and brain



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# What Do Bones Do?

**Bones are essential to everyday life.**

**They:**

- Provide structure for your body
- Protect vital organs like the heart and brain
- Support movement and balance
- Store essential minerals like calcium and phosphorus

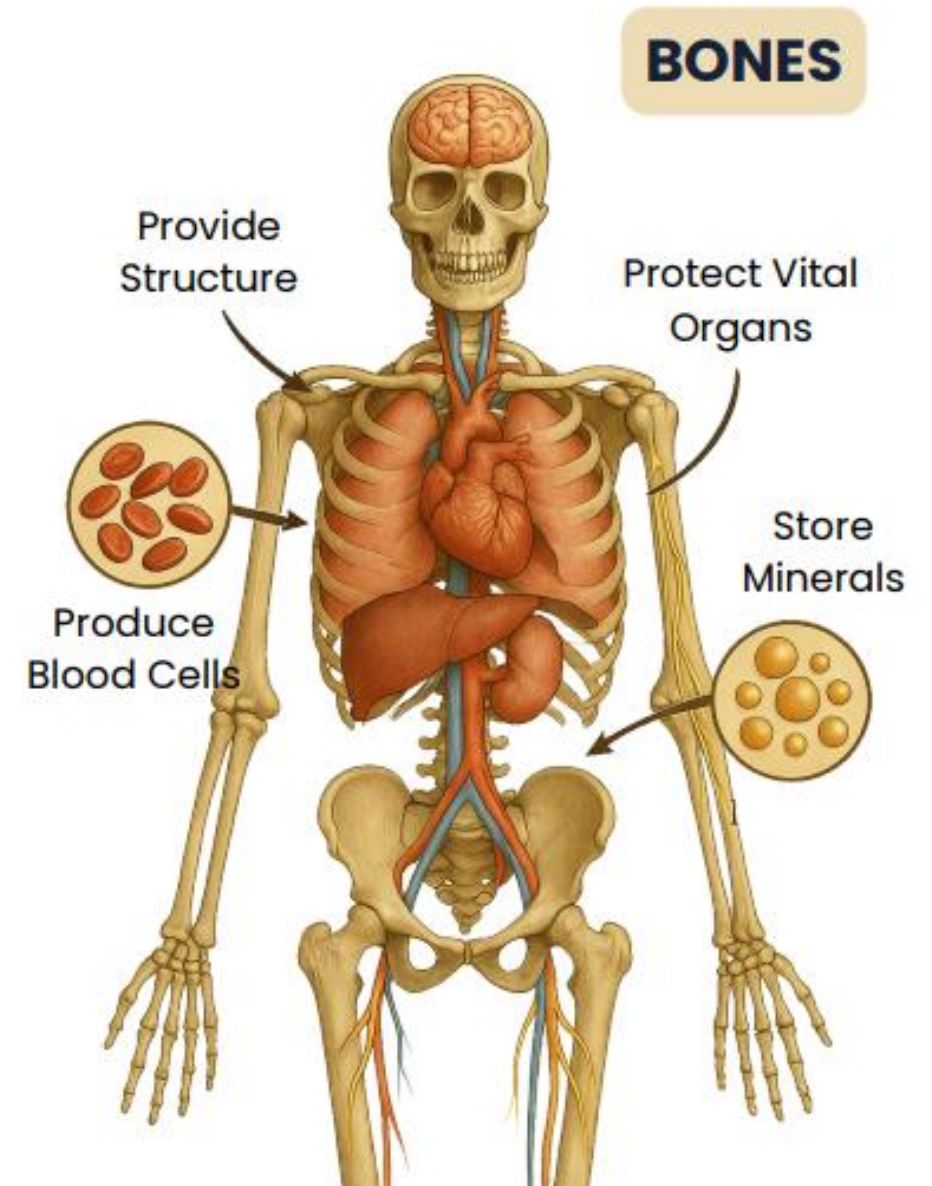


# Bones Support the Whole Body

Your bones work behind the scenes to keep you healthy:

- Produce blood cells that carry oxygen throughout the body
- Store minerals that support muscles, nerves, and heart function
- Help protect your brain, spine, and internal organs

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# Did You Know?

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Your bones work behind the scenes to keep you healthy:

**Bones are constantly:**

- Growing
- Repairing
- Rebuilding

**Your bones are alive!**



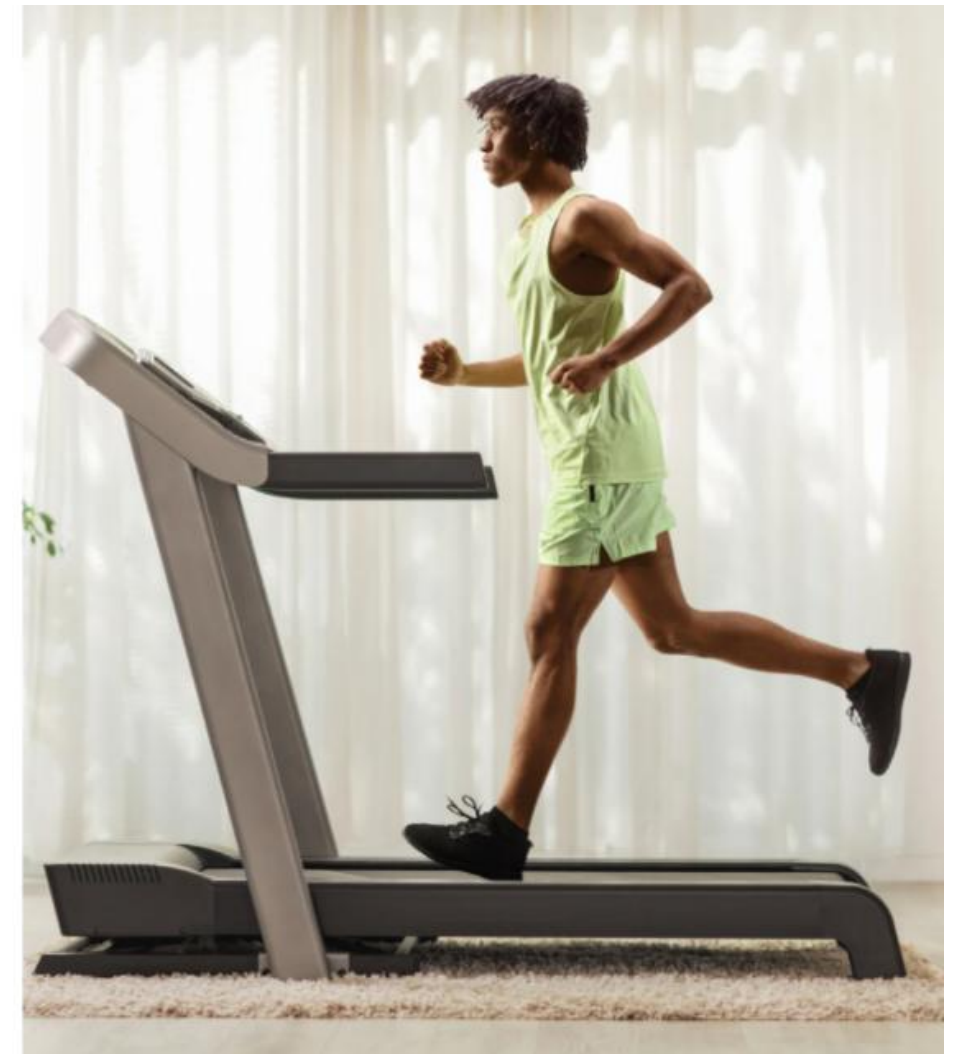
Bone health is an active, ongoing process.

# Why Movement Matters

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**Movement sends important signals to your bones:**

- Increases circulation to deliver nutrients
- Increases bone density, making bones stronger
- Increases stamina for daily activities
- Improves balance, helping prevent falls and injuries



# Movement Keeps Bones Strong

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## When you move:

- Your bones respond by strengthening themselves
- Your body becomes more stable and resilient
- Everyday activities become easier and safer
- Movement is medicine for your bones.

# Bone Health = Brain Health

**What's good for the bones is good for the brain:**

- Healthy bones support better circulation
- Better circulation supports movement and brain function
- Everything in the body is connected
- Strong bones help support a strong mind.



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**IN CONCLUSION**



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