



Press Release
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Austin, Texas – Bone Density in Children

Strong bones are important for obvious reasons in growth and development. While orthopaedic research has indicated the critical time for building bone mass in is in the early years of life, most people continue to accumulate bone mass into their 20s. Orthopaedic surgeons urge parents to develop healthy nutrition and lifestyle habits for their children and teenagers that will maximize their musculoskeletal health.

Calcium intake and physical activity are two ways one can positively impact bone density in children. The FDA recommends 800 milligrams of calcium per day, roughly the equivalent of three 8 oz. glasses of milk, and vigorous physical activity for at least 30 minutes a day will help kids in this age group retain the maximum amount of bone mass. Vigorous activity could include running, playing tag, jumping rope, playing soccer or basketball.

An orthopaedic surgeon is a physician with extensive training in the diagnosis and non-surgical as well as surgical treatment of the musculoskeletal system, including bones, joints, ligaments, tendons, muscles and nerves. For the sake of your musculoskeletal health, orthopaedic surgeons ask you to **Get Active! Texas.**

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Texas Orthopaedic Association (www.toa.org) is a non-profit organization of over 1500 orthopedic surgeons across the State of Texas. Orthopaedic surgeons improve people's quality of life by treating numerous musculoskeletal conditions which are the most common causes of severe long-term pain and physical disability.

