

- **Blood Cell Production:** Bones contain bone marrow, which produces red and white blood cells and platelets.

Bone Health

Maintaining healthy bones is vital for overall well-being. Here are some tips to ensure bone health:

- **Balanced Diet:** Ensure an adequate intake of calcium and vitamin D to strengthen bones.
- **Regular Exercise:** Weight-bearing exercises like walking and lifting weights help maintain bone density.
- **Avoid Smoking and Excessive Alcohol:** These can weaken bones and increase the risk of fractures.

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