



LIFT-OFF!

Do You Know About Calcium?

Calcium is more plentiful in your body than any other mineral! It is found in your bones, teeth, blood, body tissues, and nerve cells! Calcium helps your heart beat normally, and keeps your bones and teeth nice and strong!

You simply cannot live without calcium...it's that important!

Here are some more amazing facts about CALCIUM...

- Calcium helps prevent high blood pressure!
- Calcium helps blood clot, which is part of the healing process when you have a wound!
- Calcium plays a role in controlling your muscles!
- As you grow, your bones get bigger. You need plenty of calcium for your bones to grow properly!
- 99% of the calcium in your body is in your bones and teeth!
- Calcium helps with nerve signaling. In other words, it helps your brain tell your body what to do, and helps your body tell your brain about what it feels, sees, hears, smells, and tastes!

Calcium is a very important mineral that you need plenty of in order to keep your body in good shape! So drink some low-fat or skim milk and eat your greens, and you'll be on your way to great health!

Where can you get Calcium?

- Milk (including low-fat and skim)
- Yogurt (including low-fat and fat-free)
- Cheese (including low-fat and fat-free)
- Broccoli
- Collards
- Kale
- Mustard Greens
- Turnip Greens
- Chinese Cabbage

