



---

---

# NATURE AND KID'S BONES

## PRESCRIPTION

- Vitamin D is essential to growing strong bones. Vitamin D comes from the sun and more time spent outside can help a child get enough Vitamin D to grow strong bones. To get enough vitamin D provide kids with at least 15-minutes of direct sunlight each day. (Remember the Sunscreen!)
- Exercise is a great way cultivate strong bones. Outdoor activities such as biking and walking can help a childs bones develop. Just like muscles, bones get stronger the more work they do. And that's why exercise needs to be a mainstay of your child's lifestyle. While any form of physical activity is great, weight-bearing exercise – dancing, tennis, running, walking, football, basketball, and hiking – reigns supreme for bone health.

## LINKS

- <https://www.gov.uk/government/news/phe-publishes-new-advice-on-vitamin-d>
  - <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people>
- 
-