



令和4年10月3日
川口市立高等学校
定時制保健室

October 8 is "Bone and Joint Day."

The "Ho" in Hone is divided into the Chinese numerals 10 and 8, and thus this day, October 8, was designated as the day of the festival.

The foundation of the bones is formed during the growth period, when the body grows taller and heavier. Growing taller means that the bones grow taller. Is anyone else having trouble growing in height?

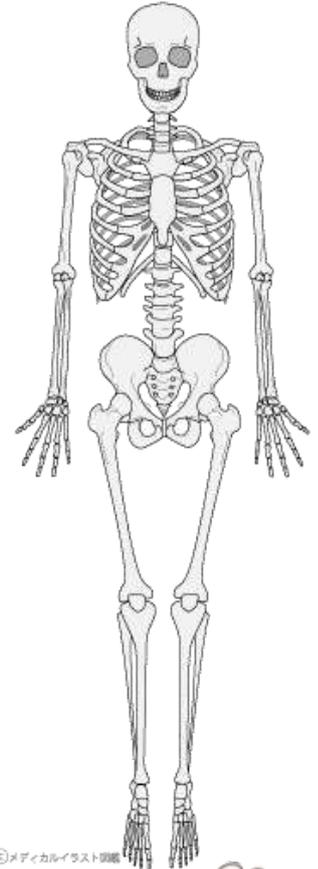
The growth period is also a time of increasing bone mass, and it is said that human bone mass is determined by the age of 20. Maybe all high school students can still grow if they work hard? Don't give up!

Particularly important for the development of a growing body is the...

○ Well-balanced diet ○ Moderate exercise ○ Good sleep

Keep a healthy lifestyle.

The greatest bone mass in life is said to occur at age 20 for men and 18 for women, and the key to maintaining bone health in the future is how to increase peak bone mass during the growth period.



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For your bones.

Vitamin D and calcium!

Calcium intake is necessary to maintain and strengthen bone health. Vitamin D also plays a role in enhancing calcium absorption from the small intestine and is essential for bone building. Since calcium is not easily absorbed by the body, vitamin D should be taken together to increase the absorption rate.

<The five roles of bone.>

- ① Supporting the body
- ② The fulcrum of the body
- ③ protect the internal organs
- ④ Blood (blood cells) production
- ⑤ Stores calcium

[vitamin D]

- whitebait 
- Salmon, saury (fish) 
- mushroom 

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[calcium (Ca)]

- cow's milk (dairy products) 
- potherb mustard 
- firm tofu (soybeans)
- Small shrimp, hijiki