

10th - BONE UP FOR WEIGHT LOSS

Looking at all the festive Halloween decorations let's look at how The Bones of the Skeleton can speak to us about our weight loss journey.

Ask yourself, what bone am I?

WISH BONE... Am I wishing to find success?

JAWBONE... Am I doing a lot of talking, but little else?

KNUCKLE BONE... Am I knocking myself out of my own way?

SKULL... Am I using my cranium about my program?

FOOT BONES... Am I up and moving?

BACK BONE... Am I doing the work and getting the job done?



Looking at these bones, we can see where they can take us.

The Wish bone... It takes more than wishing, and we can do better than wishing.

The Jawbone... Talking about a weight loss program is a good step. It will not get the job done. we have to back that talk with action.

The Knuckle bone... Excuses only keep us from our dream.
We must pull ourselves up, and not knock ourselves down.

The Skull... Pick a plan, any plan will work if you think it out and work it.

The foot bones... Be sure to get at least 30 minutes of activity daily.
Weight bearing exercise is good for the bones.

The Backbone! Yes, we should like this one ~

Be accountable to yourself.

Ask for help.

Chat with TOPS pals.

Keep hydrated.

Buy healthy food to have on hand.

Organize your plan for best success.

Never give up.

Exercise everyday.



Stand tall, backbone straight and proud. Let's put the backbone into achieving our goals. The results will inspire us to get the job done. Life is what is happening while your waiting for the perfect moment. Success breeds success!

Our bones support us and allow us to move. They protect our brain, heart, and other organs from injury. Our bones also store minerals such as calcium and phosphorous, which help keep our bones strong, and release them into the body when we need them for other uses.

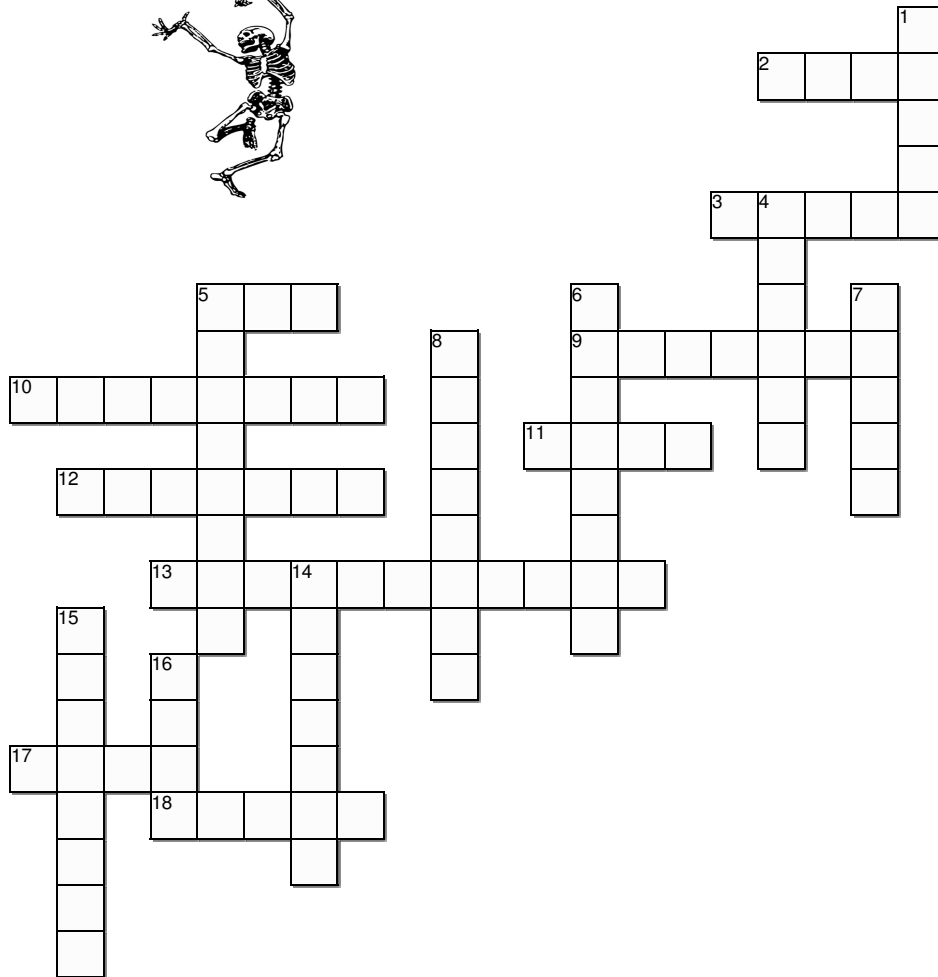
There are many things we can do to keep our bones healthy and strong. Eating foods rich in calcium and vitamin D, getting plenty of exercise, and having good health habits help keep our bones healthy.

Get plenty of physical activity. Like muscles, bones become stronger with exercise. The best exercises for healthy bones are strength-building and weight-bearing, like walking, climbing stairs, lifting weights, and dancing. Try to get 30 minutes of exercise each day.

Live a healthy lifestyle. Don't smoke, and, if you choose to drink alcohol, don't drink too much.

Talk to your doctor about your bone health. Go over your risk factors with your doctor and ask if you should get a bone density test. If you need it, your doctor can order medicine to help prevent bone loss and reduce your chances of breaking a bone.

Prevent falls. Falling down can cause a bone to break, especially in someone with osteoporosis. But most falls can be prevented. Check your home for dangers like loose rugs and poor lighting. Have your vision checked regularly. Increase your balance and strength by walking every day and taking classes like Tai Chi, yoga, or dancing.



Created on TheTeachersCorner.net Crossword Maker

buy jawbone backbone action never tall help knucklebone life inspire water
 wishbone proud chat exercise yourself teeth organize calcium

Across

- 2. this happens when your waiting for the perfect moment
- 3. this will keep you hydrated
- 5. you must do this to have healthy food on hand
- 9. results will do this for you to get the job done
- 10. you should do this everyday
- 11. Always take time to do this with a tops pal
- 12. the bone talking and doing little else
- 13. the bone knocking you out of your own way
- 17. stand _____
- 18. be _____

Down

- 1. when should you give up?
- 4. it takes this to get results
- 5. the bone getting the job done
- 6. the bone wishing for success
- 7. the only bone you can clean
- 8. you should always be accountable to this person
- 14. bones need this to be strong
- 15. the best plan for success is to do this
- 16. something you should ask for if you need it



L B V I Y G S H L Q B C C H H P H J D Q
F L V C N F G G Y O D M J J F Q E E W S
J W H Y K S S N A R S W Y R W N T D C P
B H Z X Y U P R D D E E T A O A G T Z U
Z H S S C F A I Y O T X I B R E Y R J U
Z P N C S L B K R G J V E D J H W N O G
H J E H P D J Z E E K L Y R G D R R M R
O S Y F O H T Y V E K H Z P C U W Q T X
S A X U T O H Z E C U Z W W S I Q C G S
J H U Z H T W P U J K M V F S N S V J N
X T A L L G G N G O A L N H T J D E T C
S F C A P L K Y W E N O B W A J G A Q V
G L E Z G P I Y P W T O W O O U H H Y D
F H S Z D A M F Y T N M I O Z C H W B F
M A Z E W I N A Z E Y J L U G W X E Q J
H Y F S X P E Z Q P D R V M L E Y K Z P
E X F L B A C K B O N E N E V E R X E L
L A E E R N W V D I A V I R P C G L S Q
B I B O O E E I V H C P O R G A N I Z E
V T S C C W Q O Q Z B K U X F X G Y K M

KNUCKLEBONE
KEEP
ORGANIZE
WISHBONE
NEVER
EVERYDAY
INSPIRE

TALL
BE
EXERCISE
CHAT
HYDRATED
GOAL

CANDY
FED
JAWBONE
BACKBONE
HEALTHY
SUCCESS