

BONE FACTS #2

WHAT MAKES BONES GROW

As long as growth plates (**at the end of long bones in your arms and legs**) stay open, you grow. The plates close in the late teens for boys and within 2 years of starting periods for girls.



YOUR SKELETON HAS MANY JOBS

It moves you. It protects your brain, heart and lungs. It manufactures blood cells. And it stores and regulates minerals to help your entire system function.

HOW TO KEEP YOUR BONES HAPPY

Your bones gain in density until you turn 30. Then density declines unless you get enough exercise, calcium and vitamin D. Exercise (even daily walks) maintains healthy bones.

YOUR LONGEST AND SHORTEST

Your femur, or thigh bone, is longest. The stirrup-shaped stapes in your middle ear (measuring only 0.11 inches) is shortest.

WHERE YOU HAVE THE MOST BONES

The 54 bones in your hand, fingers and wrists allow you to write, use a smartphone and play piano.

BONE IS LIVING TISSUE

The collagen in bone constantly replenishes itself. **So about every 7 years, you have a new skeleton.**

SOME JOINTS DON'T MOVE

Your bones come together at the joints. Some (like your knee joint) move a lot. **Others (like the joints in your cranium) don't move at all.**

Source: Cleveland Clinic