

# Tennis Players

build the **Best  
Bones  
Forever!** 

**Slam, smash, and ace your way to strong bones**

**Physical Activity + Foods with Calcium  
and Vitamin D = Best Bones Forever!**

[www.bestbonesforever.gov](http://www.bestbonesforever.gov)



*U.S. Department of Health and Human Services,  
Office on Women's Health*

