

# Softball Players

build the **Best  
Bones  
Forever!** 

**Hit, catch, and slide your way to strong bones!**

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

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

**Grow strong  
together  
stay strong  
forever!**



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