

# Volleyball Players

build the **Best  
Bones  
Forever!** 

## Set, Serve and Spike 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