

Boosting Bone Mass During Teenage Years is Vital for Strong Adult Bones

New Poster by Learning ZoneXpress Offers Tips for Increasing Bone Growth



OWATONNA, Minn - Bones play an important role in the body as the main protector and supporter of organs. The extent to which the 200 bones in an adult body can protect, depends on the bone mass development that occurs during the teenage years.

"Since nearly half of the bone mass people will have for the rest of their lives develops in their teens, it is crucial for teens to learn the steps they can take to increase bone mass," says Melanie Nelson, president and founder of Learning ZoneXpress, a developer and publisher of educational products.

A new poster by Learning ZoneXpress helps teach teens how to take care of their bones using a colorful visual aid. The "Boost Your Bones" poster highlights a few of the important factors that influence bone mass development. It suggests 20 minutes or more of weight-bearing exercise and 3-4 servings of calcium each day. The poster also includes a chart with serving size information and examples of weight-bearing exercise.

This 18" x 24" laminated poster is a great way to remind teens about the importance of promoting bone mass by taking the necessary steps to care for their bones early. This poster is great for classrooms, education presentations, and more.

For more information on the "Boost Your Bones" poster or other products by Learning ZoneXpress, visit www.learningzonexpress.com or call 888-455-7003.

About Learning ZoneXpress

Learning ZoneXpress, based in Owatonna, Minn., is a leading source of "edu-taining" and award-winning learning tools. Its mission is to design, create and deliver innovative messages on life skills topics including nutrition, child development, family living, character education, and career and financial management. Learning ZoneXpress offers a wide variety of affordable educational DVDs, videos, posters, games, curriculums, and PowerPoint presentations. They are dedicated to responsive and personalized customer service. For more information about Learning ZoneXpress products, visit www.learningzonexpress.com.