

STRONG BONES

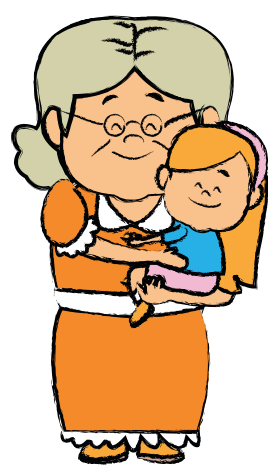
AS YOU AGE



Can carry shopping bags



Needs help



Can pick up grandchild



Not strong enough



Confident climbing stairs



Feels unsteady