



# The Human Skeleton

**Our skeleton isn't something we tend to think about!**

**But make no bones about it – if you want to live an active, independent life well into old age, a strong healthy skeleton matters.**

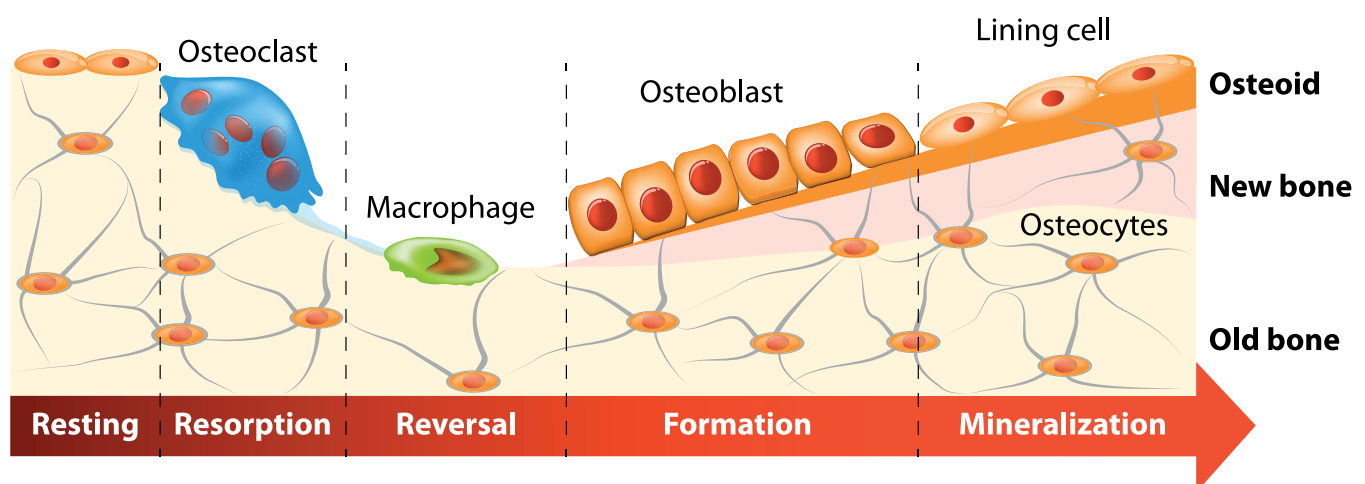
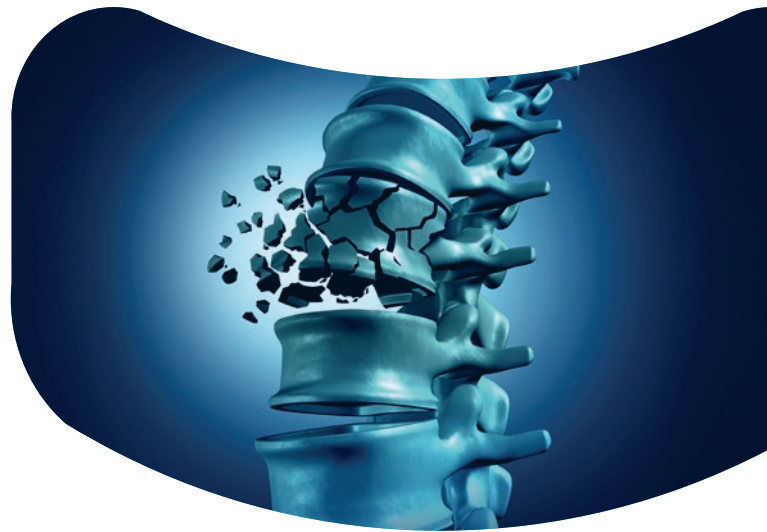
Bones are active, living tissue made up of cells, blood vessels, proteins and minerals. There are 206 of them in an adult skeleton, and they're continually being strengthened and renewed through a process called 'remodeling'.

Cells called osteoclasts break down old bone, cells called osteoblasts form new bone, and cells called osteocytes control the process. It's always happening, whether you're 2 or 92, which means you replace almost your entire skeleton every 8-10 years.

**This means it's never too early (or too late!) to think about better bone health.**

Small changes to your lifestyle now could make a difference as you age, helping you continue to live fully and avoid the risks of poor bone health (which can lead to osteoporosis).

So spare a thought for your skeleton, and visit [osteoporosis.org.nz](http://osteoporosis.org.nz) to learn more about better bone health.



**Know Your Bones.™**

Visit [osteoporosis.org.nz/take-the-test](http://osteoporosis.org.nz/take-the-test)

Complete the online bone health assessment and you'll receive a personalised report explaining your risk of fracture and recommendations for better bone health.

If you would like to assist us in helping others like yourself, please consider donating to Osteoporosis NZ.

Visit our website [www.osteoporosis.org.nz](http://www.osteoporosis.org.nz) and click donate