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Celebrate May as **National Osteoporosis Awareness & Prevention Month** by taking one simple step a day to build your bone health. Follow our calendar below for advice on how to eat well, move, learn and restore!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 Try a fermented food	 2 Hop or heel drop 100 times	 3 Read one of Dr. Brown's blogs	 4 Sit quietly and pay attention to your breathing	 5 Get outdoors and walk or hike	 6 Call or write an old friend	 7 Make fresh ginger tea
8 <b>Happy Mother's Day!</b> Send loving energy to all mothers.	 9 Sit in the sun for at least 15 minutes	 10 Listen to one of Dr. Brown's free CDs at BetterBones.com on the Shop page	 11 Lie on the ground and look up at the sky	 12 Get 2 cups of vegetables for both lunch and dinner	 13 Watch a Better Bones video on YouTube	 14 Set an intention to exercise outdoors
 15 Practice patience	 16 Make lemon water	 17 Help a friend in need	 18 Balance on each leg for 1 minute	 19 Be kind to yourself	 20 Practice mindful eating	 21 Take a Fracture Risk Assessment
 22 Take a relaxing bath before bed	 23 Go outside and walk barefoot in the grass	 24 Test your first morning pH level	 25 Eat 3 purple foods	 26 Wear something bright and colorful	 27 Exercise outdoors for 30 minutes	 28 Find something to be grateful for
 29 Stretch for 10 minutes while listening to music	 30 Perform a random act of kindness	 31 Practice good posture 3 times a day	 Look for the apple icon for EAT WELL advice	 Look for the sneaker icon for MOVE advice	 Look for the book icon for LEARN advice	 Look for the heart icon for RESTORE advice