



**DOING
GOOD**

[illegible]

A stylized illustration of a broken bone, shown in two pieces with a jagged fracture line. A light blue splint is wrapped around the middle of the bone, with several white straps securing it. The background is a solid light blue.



Your body is composed of 206 bones that provide overall structure and support to your body, and protection for your organs. Your body builds bone mass until you reach your twenties, and by thirty you've reached your peak bone mass. Thereafter your bones grow more fragile and brittle, unless you give them the attention they deserve.

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INTEGRITY