ADOUL YOUR DOILES

## **About Your Bones**



You have a set of bones in your body. It is called a skeleton. Your skeleton holds up your body.

Your skeleton gives your body its shape. You have bones in your arms and legs. You have bones in your knees. The bones around your chest are called ribs. You even have bones in your fingers!

Doctors say to take care of your bones. Be sure to exercise and drink lots of milk.