



Chiropractic Newsletter

Your Amazing Body

Celebrate Your Skeleton!

October is here and so is fall! This season we often think of pumpkins, costumes, and skeletons. But did you know your **skeleton — your bones — are one of the coolest parts of your AMAZING body?**

You have **206 bones**, but babies actually start with even more! As you grow, some of those bones fuse together to make you strong and sturdy. And here's a fun fact: your bones are incredibly strong — your thigh bone (the femur) can support more weight than if it were made of concrete!

What Do Bones Do?

Your bones aren't just decorations for Halloween — they are busy working every single day.

Bones help you move. Without bones, your muscles wouldn't have anywhere to attach! Bones give your arms and legs their shape, so muscles can pull on them to help you run, dance, climb, and play.

Bones protect your organs. Think of them like armor: Your **ribs** form a cage that keeps your heart and lungs safe. Your **skull** shields your brain — which is the control center for your entire body. And did you know your brain has a kind of "tail"? It's called the **spinal cord** — a

bundle of nerves that shoot down from the bottom of the brain — reaching all the way to your tailbone! The spinal cord carries messages between your brain and body so you can heal, grow, digest food, breathe, and play.

The spinal cord has armor too! The bones of your spine, called vertebrae ("ver-ta-bray") stack up like building blocks to form a tall, flexible column of protection. These bones are extra amazing because they **move** — and that movement tells your brain how your body is moving and working. Keeping your spine aligned and moving well is one of the best ways to stay healthy. That's why chiropractic adjustments are so important — they help your brain and body work together more easily.

Bones also store important minerals. Your skeleton is like a savings bank, storing resources your body needs to stay strong and healthy.

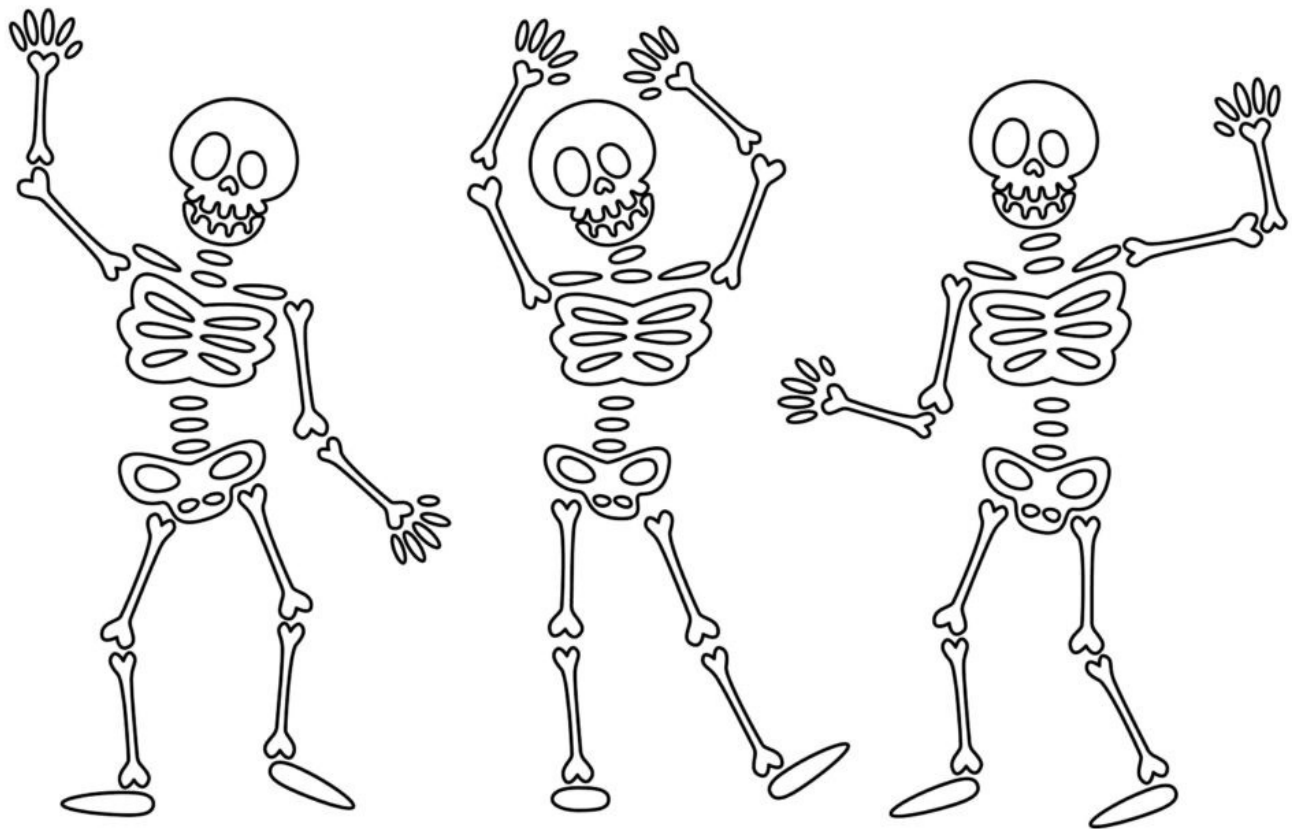
Fun Bone Facts – DID YOU KNOW?

- The smallest bone in your body is the stapes in your ear — it's about the size of a grain of rice.
- The largest bone is your femur (thigh bone), and it's one of the strongest! It can hold up to 30 times your body weight.
- Every time you jump in the leaves or play at

recess, your bones get stronger!

This October, don't just think of skeletons on Halloween — let's celebrate your AMAZING body — including your bones — every day. They're your armor, your structure, and your superpower, helping you live your best, most adventurous life.

—Mackenzie McNamara, DC



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