

## Bones On the Go!

Let's get down to the bare bones: You need your skeleton. The **skeletal system**, or framework of bones, doesn't just hold you up. It gives your body its shape, protects your organs, and works with your muscles to help you move.

At birth, you had more than 300 bones, which fused together as you grew. By the time your body is finished growing, you'll have about 206 bones. Researchers at Wright State University School of Medicine in Ohio have discovered that kids who exercise have stronger bones as adults.

Your body has plate-like bones that cannot move, such as those that make up the **cranium**. The cranium protects your brain.

The **stirrup bone**, also called the stapes, is in the ear. It is the smallest bone in the human body.

Your body is made up of many movable bones, such as the **humerus**, which is located in the upper arm.

Your **ribs** provide a protective casing for important organs, such as your heart and lungs.

The spine is made up of 33 bones called the **vertebrae**.

The thighbone is called the **femur**. It's the longest and strongest bone in your body.

How else can you bone up? Make sure your body gets enough **calcium**. That bone-building mineral is found in foods and drinks such as yogurt, leafy greens, and milk.

### Did You Know?

More than half the bones in the human body are in the hands and feet. Each hand has 27 bones. Each foot has 26 bones.