

WELLNESS CONNECT



Eating for Your Bones

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Greetings HCS Employees,

In this month's newsletter, we will outline the nutritional aspect of bone health. Our bones are very important to our everyday life, and there are many ways we can protect our bones to keep them healthy. Keep reading to learn more about the three key nutrients essential for building strong bones:

Calcium is the major building block of your bones. Your bones act as reservoirs for maintaining calcium levels in the blood. If you don't supply your body with enough calcium, it will start stealing calcium from your bones weakening them. **Some dietary sources of calcium include milk, leafy green vegetables, salmon, nuts, beans, fruits, and more.**

Vitamin D plays a key role in the development and maintenance of healthy bones. Your body also needs vitamin D to absorb calcium from the intestines. Active vitamin D is created by our bodies when your skin gets sun exposure. **You can also obtain vitamin D from oily fish, egg yolk, and more.**

Protein is made up of amino acids. Protein provides the body with essential amino acids necessary to support the building of bone. **Some great resources of protein include dairy products, fish, poultry, nuts, and more.**

General Tips for Bone Health

1. Limit the number of processed foods you consume
2. Limit caffeine consumption
3. Refrain from smoking
4. Limit alcohol consumption
5. Talk to your doctor about your specific risk factors
6. Make sure you're consuming a well-balanced diet of whole grains, fruits, and vegetables

Join our July **'Hello Sunshine' challenge** which invites you to get out in the sun for 100 minutes (10-15 minutes at a time) during the month. Sunshine is by far the best source of vitamin D which strengthens your immune system and is necessary to build strong bones. If you would like more guidance on how to strengthen your bones, book an appointment with a health coach! To schedule, [email healthcoach@121.health](mailto:healthcoach@121.health).

Want to learn more? Read the full Eating for Your Bones article [here](#)

HCS EdHealth & Wellness

HCS Hickory Valley

3074 Hickory Valley Road, Bldg. 229
Chattanooga, TN 37421

Hours:

Monday: 8am-6pm

Tuesday: 7:30am-6pm

Wednesday: 7:30am-6pm

Thursday: 8am-6pm

Friday: 7:30am-4pm

Saturday: 8am-12pm

Walk-in Hours:

Mon & Thurs: 9am-11am

Sat: 8am-12pm

HCS Hixson

4206 North Access Road
Chattanooga, TN 37415

Hours:

Monday: 7am-5pm

Tuesday-Friday: 7am-4pm

Saturday; Closed

Walk-in Hours: Wed & Fri: 1pm-3pm

HCS Riverfront

1067 Riverfront Parkway, Suite 201
Chattanooga, TN 37402

Hours: Mon-Fri: 8am-5pm

Walk-in Hours: Tues: 9am-11am

HCS Benefits Update!
On July 1st, HCS will expand access to the clinics to all employees, including those who are not currently on HCS insurance plans.

Contact us today to learn more!

P: 423-558-3111

E: patientserviceshcdc@121.health

www.hcsedhealth.com