WHY YOU “LOSE” BONES.
You're born with about 300 but end up with just 206. Many bones, like those in your skull, fuse together as you grow.

WHAT MAKES YOU GROW.
As long as growth plates (at the end of long bones in your arms and legs) stay open, you grow. The plates close in the late teens for boys and within 2 years of starting periods for girls.

HOW TO KEEP YOUR BONES HAPPY.
Your bones gain in density until you turn 30. Then density declines unless you get enough exercise, calcium and vitamin D. Exercise (even daily walks) maintains healthy bones.

HOW BROKEN BONES HEAL.
The damaged surfaces knit together to form new bone. Sometimes the new bone is stronger.

YOUR SKELETON HAS MANY JOBS.
It moves you. It protects your brain, heart and lungs. It manufactures blood cells. And it stores and regulates minerals to help your entire system function.

YOUR LONGEST AND SHORT BONES.
Your femur, or thigh bone, is longest. The stirrup-shaped stapes in your middle ear (measuring only 0.11 inches) is shortest.

WHERE YOU HAVE THE MOST BONES.
The 54 bones in your hand, fingers and wrists allow you to write, use a smartphone and play piano.

BONE IS LIVING TISSUE.
The collagen in bone constantly replenishes itself. So about every 7 years, you have a new skeleton.

YOUR TEETH ARE PART OF YOUR SKELETON TOO.
They contain calcium and minerals like bones. But they lack collagen, which gives bones flexibility and strength.

HOW WOMEN ARE DIFFERENT.
Men and women’s skeletons look surprisingly alike. But the shape, size and angle of a woman's pelvis are specially geared for childbirth.

SOME JOINTS DON’T MOVE.
Your bones come together at the joints. Some (like your knee joint) move a lot. Others (like the joints in your cranium) don’t move at all.

WHY JOINTS START TO CREAK.
Muscles and ligaments support your joints, and cartilage helps to cushion them. When cartilage wears out, arthritis occurs.

ABOUT THAT “FUNNY BONE.”
It’s not even a bone. It’s your ulnar nerve, which runs inside your elbow. Hitting it triggers a surprisingly tingling, prickly pain.