

# GREEN FATE CARDS

Photocopy the following "Fate Cards" on green paper or cardstock. Cut out each card and print the word "Fate Card" on the back of each card.

**You were born female.**

***G - Pay 100 "Osteo-coins"***

***You are a thin,  
small-framed girl.***

***G - Pay 100 "Osteo-coins"***

***You were born male.***

***G - Earn 200 "Osteo-coins"***

***You are Caucasian.***

***G - Pay 100 "Osteo-coins"***

**You are Asian.**

***G - Pay 100 "Osteo-coins"***

**You are Black.**

***G - Earn 100 "Osteo-coins"***

**When you fell from  
your bike, you broke  
your right arm.**

***G - Pay 100 "Osteo-coins"***

**You have had to take high  
doses of antiseizure drugs  
for some time. This has  
resulted in less calcium being  
available to the bones.**

***G - Pay 100 "Osteo-coins"***

**There is no record of your ancestors suffering from osteoporosis. This makes you less at risk of developing the disease.**

***G - Earn 200 "Osteo-coins"***

**Both your mother and grandmother suffered with osteoporosis. This family history puts you at risk.**

***G - Pay 100 "Osteo-coins"***

**You are managing your anorexia nervosa with nutrition counseling and group therapy.**

***G - Earn 100 "Osteo-coins"***

# GREEN FATE CARDS

Provide the “Os Master” with this copy of the green “Fate Cards” information.

1. You were born female. *G - Pay 100 “Osteo-coins”*
2. You are a thin, small-framed girl. *G - Pay 100 “Osteo-coins”*
3. You were born male. *G - Earn 200 “Osteo-coins”*
4. You are Caucasian. *G - Pay 100 “Osteo-coins”*
5. You are Asian. *G - Pay 100 “Osteo-coins”*
6. You are Black. *G - Earn 100 “Osteo-coins”*
7. When you fell from your bike, you broke your right arm.  
*G - Pay 100 “Osteo-coins”*
8. You have had to take high doses of antiseizure drugs for some time. This has resulted in less calcium being available to the bones. *G - Pay 100 “Osteo-coins”*
9. There is no record of your ancestors suffering from osteoporosis. This makes you less at risk of developing the disease. *G - Earn 200 “Osteo-coins”*
10. Both your mother and grandmother suffered with osteoporosis. This family history makes you at risk. *G - Pay 100 “Osteo-coins”*
11. You are managing your anorexia nervosa with nutrition counseling and group therapy. *G - Earn 100 “Osteo-coins”*

# GREEN CHOICE CARDS

Photocopy the following “Choice Cards” on green paper or cardstock. Cut out each card and print the word “Choice Card” on the back of each card. Provide the “Os Master” with this copy of the green “Choice Cards” information

## Green — Choice Card #1

As you move from infancy to young adulthood, your calcium needs change. You should —

- a. *increase your calcium intake*
- b. *decrease your calcium intake*
- c. *not change your calcium intake*

## Green — Choice Card #2

Exercise can be good for strengthening bones. Which will you choose to best strengthen your bones?

- a. *skipping rope*
- b. *playing Scrabble*
- c. *swimming*

## Green — Choice Card #3

Weight-bearing activities will help increase your bone strength. Choose the activity that will be most helpful to your bones.

- a. *water aerobics*
- b. *walking*
- c. *using the stair-step machine*

## Green — Choice Card #4

Which activity will you choose to increase your bone strength the most?

- a. *bicycling*
- b. *golfing - no golf cart!*
- c. *weight lifting*

## Green — Choice Card #5

You are in your school cafeteria line choosing a beverage for lunch. Select the beverage that will provide you with the most calcium.

- a. *milk*
- b. *iced tea*
- c. *orange juice*

## Green — Choice Card #6

In order to help your body make Vitamin D, you will

- a. *avoid exposure to sunlight*
- b. *spend a little time out in the sun each day*
- c. *walk in the moonlight*

## Green — Choice Card #7

To aid your digestive tract in absorbing calcium into the bloodstream, you will make sure you eat foods that are fortified with

- a. *Vitamin B*
- b. *Vitamin D*
- c. *Vitamin K*

## Green — Choice Card #8

Select the seafood item that provides you with the most calcium.

- a. *raw oysters*
- b. *sardines*
- c. *canned salmon*

Green — Choice Card #9  
Calcium is found in some frozen desserts. Which dessert treat would you choose for the most calcium?

- a. *ice cream sandwich*
- b. *fruit juice bar*
- c. *pudding pop*

Green — Choice Card #10  
Calcium is found in breakfast foods. Which breakfast snack would you choose for the most calcium?

- a. *one bagel*
- b. *one English muffin*
- c. *two powdered sugar donuts*

Green — Choice Card #11  
Calcium is found in some desserts. Which dessert treat would you choose for the most calcium?

- a. *slice of chocolate cake*
- b. *slice of cheesecake*
- c. *slice of homemade pound cake*

Green — Choice Card #12  
Select the meat group which, overall, provides the most calcium.

- a. *beef*
- b. *seafood*
- c. *poultry*

Green — Choice Card #13  
Choose a snack that will provide the most calcium.

- a. *bag of almonds*
- b. *bag of sunflower seeds*
- c. *bag of peanuts*

Green — Choice Card #14  
Select the green vegetable that would give you the most calcium?

- a. *broccoli*
- b. *collard greens*
- c. *bok choy*

Green — Choice Card #15  
If you were “Lactose Intolerant,” which beverage could you pick to go with your meal to provide calcium?

- a. *glass of 2% milk*
- b. *glass of milk with “Lactase Drops” added*
- c. *glass of water*

Green — Choice Card #16  
Select the beverage which would be the best source of calcium for your friend who is “Lactose Intolerant.”

- a. *glass of acidophilus milk*
- b. *glass of water*
- c. *glass of whole milk*

Green — Choice Card #17  
How many times have you eaten cheese in the last week?

- a. 1-2
- b. 3-4
- c. 5 or more

Green — Choice Card #18  
You have a free choice day in P.E. class. For good bone health, which activity would you choose?

- a. walking around the track
- b. sit on the bleachers and visit with friends
- c. practice bows and arrows at the archery range

Green — Choice Card #19  
You have a free indoor choice day in P.E. class. For good bone health, which activity would you choose?

- a. working out on the weight machines
- b. exercising on the stationary bike
- c. doing sit-ups

Green — Choice Card #20  
The ingredients in some beverages can harm bone health. Select the beverage that is LEAST likely to interfere with bone health.

- a. beer
- b. coffee
- c. fruit juice

Green — Choice Card #21  
You would like to lose weight. Which of the following diet plans would you choose?

- a. reduce calories by eliminating dairy products
- b. eat smaller servings of balanced meals
- c. skip breakfast and lunch each day

Green — Choice Card #22  
You want to be strong enough to make the varsity team; you choose to:

- a. drink milk and lift weights
- b. lift weights
- c. take steroids

Green — Choice Card #23  
How many 8-ounce servings of milk have you had in the last three days?

- a. 1-2
- b. 3-4
- c. 5 or more

Green — Choice Card #24  
To make your “spare time” “bone-building time,” you could

- a. play checkers
- b. play tennis
- c. do leg stretches

Green — Choice Card #25

Smoking weakens bones. Your friend has been smoking for 6 months. He wants you to join him. You choose to:

- a. say "NO" and convince him to quit
- b. say "NO" and not worry about him
- c. start smoking

Green — Choice Card #26

Your grandmother has osteoporosis and has already fractured a wrist once. When she makes visits to your home, you can make things safer for her if you:

- a. use small throw rugs throughout the house
- b. make sure all areas are well lit
- c. remove the throw rugs and keep areas well lit

Green — Choice Card #27

You have a family history of osteoporosis. You can

- a. accept that there is nothing you can do to reduce your risk of osteoporosis
- b. take your calcium tablets when you settle down to watch TV
- c. maintain a healthy, balanced, yet calcium-rich diet and get regular exercise

Green — Choice Card #28

How many times have you eaten yogurt in the last week?

- a. 1-2
- b. 3-4
- c. 5 or more

Green — Choice Card #29

Select the beverage that is the best source of calcium.

- a. milk
- b. orange juice
- c. water

Green — Choice Card #30

To make your baked potato a better source of calcium, just

- a. add one tablespoon of sour cream and eat the peel
- b. add one tablespoon of butter and eat the peel
- c. add one tablespoon of salt

Green — Choice Card #31

Proper posture helps muscle strength and balance. You always try to sit with your shoulders slightly pinched together and your lower back slightly arched. Select the other posture habits that will improve how you sit.

- a. hold stomach and upper back flat
- b. hold stomach out
- c. hunch upper back forward

Green — Choice Card #32

You have signed up for Karate classes to help build your confidence. Karate was a good choice for your bones because it also

- a. helps strengthen muscles and improves balance
- b. increases flexibility and confidence
- c. helps you defend yourself

Green — Choice Card #33

Besides getting plenty of rest and good calcium-rich food, to help your broken foot heal, you will chose to

- a. *follow the prescribed physical therapy for your foot*
- b. *place all of your weight on the foot each time you take a step*
- c. *keep your foot elevated at all times, never walking until the healing time is up*

Green — Choice Card #34

You have signed up for weekly tap and ballet classes. Good for you!  
You chose

- a. *not to practice the steps between classes, but still attend classes*
- b. *to practice only once a week outside of class*
- c. *to practice at least three times a week before class*

# INFORMATION FOR “OS MASTER” GREEN CHOICE CARDS

Provide the “Os Master” with this copy of the green “Choice Cards” information

## Green — Choice Card #1

As you move from infancy to young adulthood, your calcium needs change. You should —

- |  |                               |
|--|-------------------------------|
| a. <i>increase your calcium intake</i>   | <i>earn 100 “Osteo-coins”</i> |
| b. <i>decrease your calcium intake</i>   | <i>pay 25 “Osteo-coins”</i>   |
| c. <i>not change your calcium intake</i> | <i>pay 25 “Osteo-coins”</i>   |

## Green — Choice Card #2

Exercise can be good for strengthening bones. Which will you choose to best strengthen your bones?

- |                            |                               |                             |
|----------------------------|-------------------------------|-----------------------------|
| a. <i>Skipping rope</i>    | <i>earn 100 “Osteo-coins”</i> | <i>(weight bearing)</i>     |
| b. <i>Playing Scrabble</i> | <i>pay 50 “Osteo-coins”</i>   | <i>(no exercise)</i>        |
| c. <i>Swimming</i>         | <i>earn 25 “Osteo-coins”</i>  | <i>(non weight bearing)</i> |

## Green — Choice Card #3

Weight-bearing activities will help increase your bone strength. Choose the activity that will be most helpful to your bones.

- |  |                               |                             |
|--|-------------------------------|-----------------------------|
| a. <i>water aerobics</i>               | <i>earn 25 “Osteo-coins”</i>  | <i>(non weight bearing)</i> |
| b. <i>walking</i>                      | <i>earn 100 “Osteo-coins”</i> | <i>(weight bearing)</i>     |
| c. <i>using the stair-step machine</i> | <i>earn 50 “Osteo-coins”</i>  | <i>(weight bearing)</i>     |

## Green — Choice Card #4

Which activity will you chose to increase your bone strength the most?

- |                                   |                               |                                  |
|-----------------------------------|-------------------------------|----------------------------------|
| a. <i>bicycling</i>               | <i>earn 25 “Osteo-coins”</i>  | <i>(non weight bearing)</i>      |
| b. <i>golfing - no golf cart!</i> | <i>earn 50 “Osteo-coins”</i>  | <i>(weight bearing, walking)</i> |
| c. <i>weight lifting</i>          | <i>earn 100 “Osteo-coins”</i> | <i>(weight bearing)</i>          |

## Green — Choice Card #5

You are in your school cafeteria line choosing a beverage for lunch. Select the beverage that will provide you with the most calcium.

- |                        |                               |
|------------------------|-------------------------------|
| a. <i>milk</i>         | <i>earn 100 “Osteo-coins”</i> |
| b. <i>iced tea</i>     | <i>earn 25 “Osteo-coins”</i>  |
| c. <i>orange juice</i> | <i>earn 50 “Osteo-coins”</i>  |

## Green — Choice Card #6

In order to help your body make Vitamin D, you will

- |   |                                      |
|---|--------------------------------------|
| a. <i>avoid exposure to sunlight</i>                  | <i>pay 25 “Osteo-coins”</i>          |
| b. <i>spend a little time out in the sun each day</i> | <i>earn 100 “Osteo-coins”</i>        |
| c. <i>walk in the moonlight</i>                       | <i>0, no “Os” gain, no “Os” loss</i> |

Green — Choice Card #7

To aid your digestive tract in absorbing calcium into the bloodstream, you will make sure you eat foods that are fortified with

- a. *Vitamin B*                      0, no “Os” gain, no “Os” loss
- b. *Vitamin D*                      earn 100 “Osteo-coins”
- c. *Vitamin K*                      0, no “Os” gain, no “Os” loss

Green — Choice Card #8

Select the seafood item that provides you with the most calcium.

- a. *raw oysters*                      earn 25 “Osteo-coins”
- b. *sardines*                      earn 100 “Osteo-coins”
- c. *canned salmon*                      earn 50 “Osteo-coins”

Green — Choice Card #9

Calcium is found in some frozen desserts. Which dessert treat would you choose for the most calcium?

- a. *ice cream sandwich*                      earn 100 “Osteo-coins”
- b. *fruit juice bar*                      earn 25 “Osteo-coins”
- c. *pudding pop*                      earn 50 “Osteo-coins”

Green — Choice Card #10

Calcium is found in breakfast foods. Which breakfast snack would you choose for the most calcium?

- a. *one bagel*                      earn 50 “Osteo-coins”
- b. *one English muffin*                      earn 100 “Osteo-coins”
- c. *two powdered sugar donuts*                      0, no “Os” gain, no “Os” loss

Green — Choice Card #11

Calcium is found in some desserts. Which dessert treat would you choose for the most calcium?

- a. *slice of chocolate cake*                      earn 25 “Osteo-coins”
- b. *slice of cheesecake*                      earn 100 “Osteo-coins”
- c. *slice of homemade pound cake*                      0, no “Os” gain, no “Os” loss

Green — Choice Card #12

Select the meat group which, overall, provides the most calcium.

- a. *beef*                      earn 50 “Osteo-coins”
- b. *seafood*                      earn 100 “Osteo-coins”
- c. *poultry*                      earn 25 “Osteo-coins”

Green — Choice Card #13

Choose a snack that will provide the most calcium.

- a. *bag of almonds*                      earn 100 “Osteo-coins”
- b. *bag of sunflower seeds*                      earn 50 “Osteo-coins”
- c. *bag of peanuts*                      earn 25 “Osteo-coins”

Green — Choice Card #14

Select the green vegetable that would give you the most calcium?

- a. *broccoli*                               earn 50 “Osteo-coins”
- b. *collard greens*                       earn 100 “Osteo-coins”
- c. *bok choy*                               earn 25 “Osteo-coins”

Green — Choice Card #15

If you were “lactose intolerant,” which beverage could you pick to go with your meal to provide calcium?

- a. *glass of 2% milk*                               pay 25 “Osteo-coins”
- b. *glass of milk with “Lactase Drops” added*   earn 100 “Osteo-coins”
- c. *glass of water*                               earn 25 “Osteo-coins”

Green — Choice Card #16

Select the beverage which would be the best source of calcium for your friend who is “Lactose Intolerant.”

- a. *glass of acidophilus milk*                       earn 100 “Osteo-coins”
- b. *glass of water*                               earn 25 “Osteo-coins”
- c. *glass of whole milk*                           pay 25 “Osteo-coins”

Green — Choice Card #17

How many times have you eaten cheese in the last week?

- a. *1–2*                                       earn 25 “Osteo-coins”
- b. *3–4*                                       earn 50 “Osteo-coins”
- c. *5 or more*                               earn 100 “Osteo-coins”

If the player has not had cheese in the last week, there are no “OsteoCoins” awarded.

Green — Choice Card #18

You have a free choice day in P.E. class. For good bone health, which activity would you choose?

- a. *walking around the track*                               earn 100 “Osteo-coins”
- b. *sit on the bleachers and visit with friends*       0, no “Os” gain, no “Os” loss
- c. *practice bows and arrows at the archery range*   earn 25 “Osteo-coins”

Green — Choice Card #19

You have a free indoor choice day in P.E. class. For good bone health, which activity would you choose?

- a. *working out on the weight machines*                       earn 100 “Osteo-coins”
- b. *exercising on the stationary bike*                       earn 50 “Osteo-coins”
- c. *doing sit-ups*                               earn 25 “Osteo-coins”

Green — Choice Card #20

The ingredients in some beverages can harm bone health. Select the beverage that is LEAST likely to interfere with bone health.

- a. beer pay 50 “Osteo-coins”
- b. coffee pay 25 “Osteo-coins”
- c. fruit juice earn 100 “Osteo-coins”

Green — Choice Card #21

You would like to lose weight. Which of the following diet plans would you choose?

- a. reduce calories by eliminating dairy products pay 50 “Osteo-coins”
- b. eat smaller servings of balanced meals earn 100 “Osteo-coins”
- c. skip breakfast and lunch each day pay 50 “Osteo-coins”

Green — Choice Card #22

You want to be strong enough to make the varsity team; you choose to:

- a. drink milk and lift weights earn 100 “Osteo-coins”
- b. lift weights earn 50 “Osteo-coins”
- c. take steroids pay 100 “Osteo-coins”

Green — Choice Card #23

How many 8-ounce servings of milk have you had in the last three days?

- a. 1–2 earn 25 “Osteo-coins”
- b. 3–4 earn 50 “Osteo-coins”
- c. 5 or more earn 100 “Osteo-coins”

If the player has had no milk in the last three days, there are no “Osteo-coins” awarded.

Green — Choice Card #24

To make your “spare time” “bone-building time,” you could

- a. play checkers 0, no “Os” gain, no “Os” loss
- b. play tennis earn 100 “Osteo-coins”
- c. do leg stretches earn 25 “Osteo-coins”

Green — Choice Card #25

Smoking weakens bones. Your friend has been smoking for 6 months. He wants you to join him. You choose to:

- a. say “NO” and convince him to quit earn 100 “Osteo-coins”
- b. say “NO” and not worry about him earn 50 “Osteo-coins”
- c. start smoking pay 50 “Osteo-coins”

Green — Choice Card #26

Your grandmother has osteoporosis and has already fractured a wrist once. When she makes visits to your home, you can make things safer for her if you:

- a. use small throw rugs throughout the house pay 100 “Osteo-coins”
- b. make sure all areas are well lit earn 50 “Osteo-coins”
- c. remove the throw rugs and keep areas well lit earn 100 “Osteo-coins”

Green — Choice Card #27

You have a family history of osteoporosis. You can

- a. *accept that there is nothing you can do to reduce your risk of osteoporosis*  
pay 100 “Osteo-coins”
- b. *take your calcium tablets when you settle down to watch TV*  
earn 25 “Osteo-coins”
- c. *maintain a healthy, balanced, yet calcium-rich diet and get regular exercise*  
earn 100 “Osteo-coins”

Green — Choice Card #28

How many times have you eaten yogurt in the last week?

- a. *1-2* earn 25 “Osteo-coins”
- b. *3-4* earn 50 “Osteo-coins”
- c. *5 or more* earn 100 “Osteo-coins”

If the player has not had any yogurt in the last week, there are no “Osteo-coins” awarded.

Green — Choice Card #29

Select the beverage that is the best source of calcium.

- a. *milk* earn 100 “Osteo-coins”
- b. *orange juice* earn 50 “Osteo-coins”
- c. *water* earn 25 “Osteo-coins”

Green — Choice Card #30

To make your baked potato a better source of calcium, just

- a. *add one tablespoon of sour cream and eat the peel* earn 100 “Osteo-coins”
- b. *add one tablespoon of butter and eat the peel* earn 50 “Osteo-coins”
- c. *add one tablespoon of salt* pay 25 “Osteo-coins”

Green — Choice Card #31

Proper posture helps muscle strength and balance. You always try to sit with your shoulders slightly pinched together and your lower back slightly arched. Select the other posture habits that will improve how you sit.

- a. *hold stomach and upper back flat* earn 100 “Osteo-coins”
- b. *hold stomach out* pay 25 “Osteo-coins”
- c. *hunch upper back forward* pay 25 “Osteo-coins”

Green — Choice Card #32

You have signed up for Karate classes to help build your confidence. Karate was a good choice for your bones because it also

- a. *helps strengthen muscles and improves balance* earn 100 “Osteo-coins”
- b. *increases flexibility and confidence* earn 25 “Osteo-coins”
- c. *helps you defend yourself* 0, no “Os” gain, no “Os” loss

Green — Choice Card #33

Besides getting plenty of rest and good calcium-rich food, to help your broken foot heal, you will chose to

- a. *follow the prescribed physical therapy for your foot* *earn 100 “Osteo-coins”*
- b. *place all of your weight on the foot each time you take a step* *pay 25 “Osteo-coins”*
- c. *keep your foot elevated at all times, never walking until the healing time is up* *pay 25 “Osteo-coins”*

Green — Choice Card #34

You have signed up for weekly tap and ballet classes. Good for you! You chose

- a. *not to practice the steps between classes, but still attend classes* *earn 25 “Osteo-coins”*
- b. *to practice only once a week outside of class* *earn 50 “Osteo-coins”*
- c. *to practice at least three times a week before class* *earn 100 “Osteo-coins”*

# YELLOW FATE CARDS

Photocopy the following "Fate Cards" on yellow paper or cardstock. Cut out each card and print the word "Fate Card" on the back of each card.

**You are female.**  
*Y - Pay 150 "Osteo-coins"*

**You are a  
small-framed woman.**  
*Y - Pay 150 "Osteo-coins"*

**You are male.**  
*Y - Earn 150 "Osteo-coins"*

**You are Caucasian.**  
*Y - Pay 150 "Osteo-coins"*

**You are Asian.**  
*Y - Pay 150 "Osteo-coins"*

**You are Black.**  
*Y - Earn 150 "Osteo-coins"*

**Both your mother,  
grandmother, and one aunt  
suffered with osteoporosis.  
This family history makes  
you at risk.**  
*Y - Pay 150 "Osteo-coins"*

**In tracing your family medical  
history, you learn that there is  
no record of your ancestors  
suffering from osteoporosis.  
This makes you less at risk of  
developing the disease.**  
*Y - Earn 150 "Osteo-coins"*

**You have an overactive parathyroid gland. Since the normal function of parathormone is to remove calcium from bone as your body needs it, you are experiencing some bone density loss before you start hormone treatments.**

***Y - Pay 150 "Osteo-coins"***

**Your thyroid gland is diseased. This gland is over-producing thyroid hormone.**

***Y - Pay 150 "Osteo-coins"***

**You experienced menopause at an early age (before 40). When a woman undergoes menopause, her estrogen level sharply drops. Estrogen helps protect against bone loss. You are now at a greater risk for osteoporosis.**

***Y - Pay 150 "Osteo-coins"***

**You continue to suffer with Anorexia Nervosa as a young adult. This eating disorder which affects many body systems and your continued low calcium intake will result in loss of bone mass.**

***Y - Pay 150 "Osteo-coins"***

**Because you have had your ovaries surgically removed, your body can no longer make sufficient estrogen. The loss of the protective effect of estrogen produced by the ovaries increases your risk for fractures.**

***Y - Pay 150 "Osteo-coins"***

**You are a heavy drinker. Alcohol consumption aggravates bone loss and leaves you more prone to falls and other accidents.**

***Y - Pay 150 "Osteo-coins"***

## INFORMATION FOR “OS MASTER” YELLOW FATE CARDS

Photocopy on yellow paper, then provide the “Os Master” with a copy of this “Yellow Fate Cards” information.

1. You are female. *Y - Pay 150 “Osteo-coins”*
2. You are a small-framed woman. *Y - Pay 150 “Osteo-coins”*
3. You are male. *Y - Earn 150 “Osteo-coins”*
4. You are Caucasian. *Y - Pay 150 “Osteo-coins”*
5. You are Asian. *Y - Pay 150 “Osteo-coins”*
6. You are Black. *Y - Earn 150 “Osteo-coins”*
7. Both your mother, grandmother, and one aunt suffered with osteoporosis. This family history makes you at risk. *Y - Pay 150 “Osteo-coins”*
8. In tracing your family medical history, you learn that there is no record of your ancestors suffering from osteoporosis. This makes you less at risk of developing the disease. *Y - Earn 150 “Osteo-coins”*
9. You have an overactive parathyroid gland. Since the normal function of parathormone is to remove calcium from bone as your body needs it, you are experiencing some bone density loss before you start hormone treatments. *Y - Pay 150 “Osteo-coins”*
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11. You experienced menopause at an early age (before 40). When a woman undergoes menopause, her estrogen level sharply drops. Estrogen helps protect against bone loss. You are now at a greater risk for osteoporosis. *Y - Pay 150 “Osteo-coins”*
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14. You are a heavy drinker. Alcohol consumption aggravates bone loss and leaves you more prone to falls and other accidents. *Y - Pay 150 “Osteo-coins”*

# YELLOW CHOICE CARDS

Photocopy the following “Choice Cards” on yellow paper or cardstock. Cut out each card and print the word “Choice Card” on the back of each card.

## Yellow — Choice Card #1

You were selected to participate in a three-week space flight! You were in a weightless environment. When you return to Earth, you will need to —

- a. *increase your weight-bearing exercise*
- b. *decrease your weight-bearing exercise*
- c. *do nothing differently, as weightlessness has had no effect on you*

## Yellow — Choice Card #2

Research shows that most women do not get enough dietary calcium. Select the best time to take a calcium supplement.

- a. *take one 1000 mg tablet at bedtime*
- b. *take small amounts with each meal*
- c. *take one tablet the same time each day with plenty of liquids*

## Yellow — Choice Card #3

A woman’s calcium needs change during pregnancy. She should —

- a. *increase her calcium intake*
- b. *decrease her calcium intake*
- c. *not be concerned with her calcium intake*

## Yellow — Choice Card #4

Which dessert treat would you choose for the most calcium?

- a. *hard-serve vanilla ice cream*
- b. *soft-serve vanilla ice cream*
- c. *soft-serve vanilla ice milk*

## Yellow — Choice Card #5

Which of the following 8-ounce servings of yogurt provide the most calcium?

- a. *low-fat plain yogurt*
- b. *low-fat fruit added yogurt*
- c. *frozen fruit yogurt*

## Yellow — Choice Card #6

Daily use of some beverages are harmful to bone-health. Select from these beverages the one LEAST harmful.

- a. *wine*
- b. *coffee*
- c. *decaffeinated tea*

## Yellow — Choice Card #7

How many 8-ounce servings of milk have you had in the last three days?

- a. *1–2*
- b. *3–4*
- c. *5 or more*

## Yellow — Choice Card #8

When should you consider taking a calcium supplement?

- a. *when you have a family history of kidney stones*
- b. *when your diet is rich in dairy products*
- c. *when you are pregnant*

Yellow — Choice Card #9

Between the ages of 25 and 40, your dietary calcium needs change as compared with your teen years. You are getting adequate calcium if you:

- a. *double your calcium intake*
- b. *decrease your calcium intake by half*
- c. *decrease your calcium intake slightly*

Yellow — Choice Card #10

There is a gym at your work place. You know that exercise can be good for strengthening bones. Which will you choose to best strengthen your bones during your workout?

- a. *lifting weights as part of well-planned regimen*
- b. *walking on the treadmill*
- c. *swimming and water aerobics regimen*

Yellow — Choice Card #11

You want to enter a body building competition for 20–25 year olds. To help prepare for the contest you choose to:

- a. *drink milk and lift weights*
- b. *lift weights*
- c. *take steroids*

Yellow — Choice Card #12

Your mother has been recuperating from a fractured hip in a hospital for the last month. Soon she will be moving in with you and your family. To make your home safe, you:

- a. *use small throw rugs throughout the house*
- b. *secure all loose wiring*
- c. *wax the floors to shiny gloss so mom knows you take good care of the house*

Yellow — Choice Card #13

You and your spouse are planning to start a family. When will you, the new mom, need the most calcium?

- a. *before the pregnancy*
- b. *during pregnancy*
- c. *during breast feeding*

Yellow — Choice Card #14

You need to buy groceries for the family. You want to make sure you purchase calcium-rich foods. You buy:

- a. *cheese, milk, broccoli, and pinto beans*
- b. *chicken, lettuce, green beans, and oranges*
- c. *ground beef, rice, spinach, and apples*

Yellow — Choice Card #15

As a young mother who is breast-feeding her baby, you choose to

- a. *keep up with your new busy schedule, but take calcium when you think about it*
- b. *adjust to your new busy schedule, but forget about taking the extra calcium*
- c. *learn to adjust to your busy schedule, but take time for your calcium*

Yellow — Choice Card #16

You've signed up for Western Dance classes. For the most benefit to your bone health you

- a. *practice at least three times a week.*
- b. *faithfully attend classes once a week.*
- c. *keep good time by tapping your toe to the music.*

Yellow — Choice Card #17

You have recently had surgery to correct a work-related injury to your arm. The bone is healing and you

- a. *attend physical therapy once a week.*
- b. *do a few of the recommended exercises, but skip the physical therapy.*
- c. *attend physical therapy once a week and do the recommended exercises at home.*

# INFORMATION FOR “OS MASTER” YELLOW CHOICE CARDS

Photocopy on yellow paper, then provide the “Os Master” with a copy of the “Yellow Choice Cards” information.

## Yellow — Choice Card #1

You were selected to participate in a three-week space flight! You were in a weightless environment. When you return to Earth, you will need to —

- a. *increase your weight-bearing exercise*                      *earn 50 “Osteo-coins”*
- b. *decrease your weight-bearing exercise*                      *pay 50 “Osteo-coins”*
- c. *do nothing differently, as weightlessness has had no effect on you*                      *pay 50 “Osteo-coins”*

## Yellow — Choice Card #2

Research shows that most women do not get enough dietary calcium. Select the best time to take a calcium supplement.

- a. *take one 1000 mg tablet at bedtime*                      *pay 25 “Osteo-coins”*
- b. *take small amounts with each meal*                      *earn 50 “Osteo-coins”*
- c. *take one tablet the same time each day with plenty of liquids*                      *earn 25 “Osteo-coins”*

## Yellow — Choice Card #3

A woman’s calcium needs change during pregnancy. She should —

- a. *increase her calcium intake*                      *earn 50 “Osteo-coins”*
- b. *decrease her calcium intake*                      *pay 50 “Osteo-coins”*
- c. *not be concerned with her calcium intake*                      *pay 50 “Osteo-coins”*

## Yellow — Choice Card #4

Which dessert treat would you choose for the most calcium?

- a. *hard-serve vanilla ice cream*                      *earn 10 “Osteo-coins”*
- b. *soft-serve vanilla ice cream*                      *earn 25 “Osteo-coins”*
- c. *soft-serve vanilla ice milk*                      *earn 50 “Osteo-coins”*

## Yellow — Choice Card #5

Which of the following 8-ounce servings of yogurt provide the most calcium?

- a. *low-fat plain yogurt*                      *earn 50 “Osteo-coins”*
- b. *low-fat fruit added yogurt*                      *earn 25 “Osteo-coins”*
- c. *frozen fruit yogurt*                      *earn 10 “Osteo-coins”*

## Yellow — Choice Card #6

Daily use of some beverages are harmful to bone-health. Select from these beverages the one LEAST harmful.

- a. *wine*                      *pay 25 “Osteo-coins”*
- b. *coffee*                      *pay 25 “Osteo-coins”*
- c. *decaffeinated tea*                      *earn 50 “Osteo-coins”*

Yellow — Choice Card #7

How many 8-ounce servings of milk have you had in the last three days?

- a. 1–2                      *earn 10 “Osteo-coins”*
- b. 3–4                      *earn 25 “Osteo-coins”*
- c. 5 or more                *earn 50 “Osteo-coins”*

*If the player has not had milk in the last week, no “OsteoCoins” are given.*

Yellow — Choice Card #8

When should you consider taking a calcium supplement?

- a. *when you have a family history of kidney stones*                      *pay 25 “Osteo-coins”*
- b. *when your diet is rich in dairy products*                                *0 “Os” gain, no “Os” loss*
- c. *when you are pregnant*    *earn 50 “Osteo-coins”*

Yellow — Choice Card #9

Between the ages of 25 and 40, your dietary calcium needs change as compared with your teen years. You are getting adequate calcium if you:

- a. *double your calcium intake*    *pay 25 “Osteo-coins”*
- b. *decrease your calcium intake by half*                                        *pay 25 “Osteo-coins”*
- c. *decrease your calcium intake slightly*                                        *earn 50 “Osteo-coins”*

Yellow — Choice Card #10

There is a gym at your work place. You know that exercise can be good for strengthening bones. Which will you choose to best strengthen your bones during your workout?

- a. *lifting weights as part of well-planned regimen*                                *earn 50 “Osteo-coins”*
- b. *walking on the treadmill*    *earn 25 “Osteo-coins”*
- c. *swimming and water aerobics regimen*    *earn 10 “Osteo-coins”*

Yellow — Choice Card #11

You want to enter a body building competition for 20-25 year olds. To help prepare for the contest you choose to:

- a. *drink milk and lift weights*    *earn 50 “Osteo-coins”*
- b. *lift weights*    *earn 25 “Osteo-coins”*
- c. *take steroids*    *pay 50 “Osteo-coins”*

Yellow — Choice Card #12

Your mother has been recuperating from a fractured hip in a hospital for the last month. Soon she will be moving in with you and your family. To make your home safe, you:

- a. *use small throw rugs throughout the house*                                        *pay 50 “Osteo-coins”*
- b. *secure all loose wiring*    *earn 50 “Osteo-coins”*
- c. *wax the floors to shiny gloss so mom knows you*  
*take good care of the house*    *pay 50 “Osteo-coins”*

Yellow — Choice Card #13

You and your spouse are planning to start a family. When will you, the new mom, need the most calcium?

- a. *before the pregnancy*                      0, no “Os” gain, no “Os” loss
- b. *during pregnancy*                        earn 25 “Osteo-coins”
- c. *during breast feeding*                    earn 50 “Osteo-coins”

Yellow — Choice Card #14

You need to buy groceries for the family. You want to make sure you purchase calcium-rich foods. You buy:

- a. *cheese, milk, broccoli, and pinto beans*                      earn 50 “Osteo-coins”
- b. *chicken, lettuce, green beans, and orange juice*                    earn 25 “Osteo-coins”
- c. *round beef, rice, spinach, and apples*                        0, no “Os” gain, no “Os” loss

Yellow — Choice Card #15

As a young mother who is breast-feeding her baby, you choose to

- a. *keep up with your new busy schedule, but take calcium when you think about it*                      pay 25 “Osteo-coins”
- b. *adjust to your new busy schedule, but forget about taking the extra calcium*                      pay 50 “Osteo-coins”
- c. *learn to adjust to your busy schedule, but take time for your calcium*    earn 50 “Osteo-coins”

Yellow — Choice Card #16

You’ve signed up for Western Dance classes. For the most benefit to your bone health you

- a. *practice at least three times a week.*                      earn 50 “Osteo-coins”
- b. *faithfully attend classes once a week.*                      earn 25 “Osteo-coins”
- c. *keep good time by tapping your toe to the music.*                      pay 50 “Osteo-coins”

Yellow — Choice Card #17

You have recently had surgery to correct a work-related injury to your arm. The bone is healing and you

- a. *attend physical therapy once a week.*                      earn 25 “Osteo-coins”
- b. *do a few of the recommended exercises, but skip the physical therapy.*                      pay 25 “Osteo-coins”
- c. *attend physical therapy once a week and do the recommended exercises at home.*                      earn 50 “Osteo-coins”

# RED FATE CARDS

Photocopy the following "Fate Cards" on red paper or cardstock. Cut out each card and print the word "Fate Card" on the back of each card.

**You are female.**  
*Pay 200 "Osteo-coins"*

**You are a thin, small-framed elderly female.**  
*Pay 200 "Osteo-coins"*

**You are male.**  
*Earn 100 "Osteo-coins"*

**You are Caucasian.**  
*Pay 200 "Osteo-coins"*

**You are Asian.**  
*Pay 200 "Osteo-coins"*

**You are Black.**  
*Earn 200 "Osteo-coins"*

**Due to a recent fall, you are homebound and cannot get outside. Your body cannot make enough vitamin D on its own.**  
*Pay 200 "Osteo-coins"*

**You are an elderly man whose father had kidney stones. A doctor at the Senior Health Fair told you that excess calcium causes kidney stones, especially in those persons with a family history of kidney stones. You have your urine checked for calcium excretion.**  
*Earn 100 "Osteo-coins"*

**As a 55-year old woman, menopause has begun and your doctor has prescribed an estrogen supplement for you. You are diligent about taking your medicine daily.**

***Earn 100 "Osteo-coins"***

**You are a woman who has breast cancer and high blood pressure. Your doctor will not prescribe estrogen replacement therapy for you. Instead, she recommends calcitonin therapy to help retard the effects of menopause on bone density.**

***Earn 100 "Osteo-coins"***

**Because you have had a complete hysterectomy, (surgery which includes removing your uterus and your ovaries), your body can no longer make sufficient estrogen. The loss of the protective effect of estrogen produced by the ovaries increases your risk for fractures.**

***Pay 200 "Osteo-coins"***

**You have had your epilepsy controlled with antiseizure drugs for some time. This has resulted in less calcium being available to the bones.**

***Pay 200 "Osteo-coins"***

**Even though osteoporosis is more common in females than males, some males do suffer with the disease.**

**You are a frail male!!**

***Pay 200 "Osteo-coins"***

**Alcoholism has taken you over — you cannot seem to control your heavy drinking anymore. Alcohol consumption aggravates bone loss and leaves you more prone to falls and other accidents.**

***Pay 200 "Osteo-coins"***

**You were recently diagnosed with prostate cancer and have to undergo treatment to lower your testosterone levels.**

***Pay 200 "Osteo-coins"***

**You just turned 40 and found out that you are pregnant! Congratulations! The doctor says to increase your calcium intake and participate in 20 minutes of vigorous activity a day.**

***Earn 100 "Osteo-coins"***

**Your mother and sister both  
suffered with osteoporosis.  
This family history  
makes you at risk.**

***Pay 200 "Osteo-coins"***

**At 92, you are still a bundle  
of energy! You just received  
a certificate for being the  
oldest "Sit and Be Fit"  
participant at the  
Senior Center.**

***Earn 100 "Osteo-coins"***

## INFORMATION FOR “OS MASTER” RED FATE CARDS

Photocopy on red paper, then provide the “Os Master” with a copy the “Red Fate Cards” information.

1. You are female. *R - Pay 200 “Osteo-coins”*
2. You are a thin, small-framed elderly female. *R - Pay 200 “Osteo-coins”*
3. You are male. *R - Earn 100 “Osteo-coins”*
4. You are Caucasian. *R - Pay 200 “Osteo-coins”*
5. You are Asian. *R - Pay 200 “Osteo-coins”*
6. You are Black. *R - Earn 200 “Osteo-coins”*
7. Due to a recent fall, you are homebound and cannot get outside. Your body cannot make enough vitamin D on its own. *R - Pay 200 “Osteo-coins”*
8. You are an elderly man whose father had kidney stones. A doctor at the Senior Health Fair told you that excess calcium causes kidney stones, especially in those persons with a family history of kidney stones. You have your urine checked for calcium excretion. *R - Earn 100 “Osteo-coins”*
9. As a 55-year old woman, menopause has begun and your doctor has prescribed an estrogen supplement for you. You are diligent about taking your medicine daily. *R - Earn 100 “Osteo-coins”*
10. You are a woman who has breast cancer and high blood pressure. Your doctor will not prescribe estrogen replacement therapy for you. Instead, she recommends calcitonin therapy to help retard the effects of menopause on bone density. *R - Earn 100 “Osteo-coins”*
11. Because you have had a complete hysterectomy, (surgery which includes removing your uterus and your ovaries), your body can no longer make sufficient estrogen. The loss of the protective effect of estrogen produced by the ovaries increases your risk for fractures. *R - Pay 200 “Osteo-coins”*
12. You have had your epilepsy controlled with antiseizure drugs for some time. This has resulted in less calcium being available to the bones. *R - Pay 200 “Osteo-coins”*

13. Even though osteoporosis is more common in females than males, some males do suffer with the disease. You are a frail male! *R - Pay 200 "Osteo-coins"*
14. Alcoholism has taken you over — you cannot seem to control your heavy drinking anymore. Alcohol consumption aggravates bone loss and leaves you more prone to falls and other accidents. *R - Pay 200 "Osteo-coins"*
15. You were recently diagnosed with prostate cancer and have to undergo treatment to lower your testosterone levels. *R - Pay 200 "Osteo-coins"*
16. You just turned 40 and found out that you are pregnant! Congratulations! The doctor says to increase your calcium intake and participate in 20 minutes of vigorous activity a day. *R - Earn 100 "Osteo-coins"*
17. Your mother and sister both suffered with osteoporosis. This family history makes you at risk. *R - Pay 200 "Osteo-coins"*
18. At 92, you are still a bundle of energy! You just received a certificate for being the oldest "Sit and Be Fit" participant at the Senior Center. *R - Earn 100 "Osteo-coins"*

# RED CHOICE CARDS

Photocopy the following “Choice Cards” on red paper or cardstock. Cut out each card and print the word “Choice Card” on the back of each card.

## Red — Choice Card #1

When you fractured your wrist the doctor said that you have early signs of osteoporosis. You should —

- a. *not worry about calcium or exercise — it's too late for you!*
- b. *be sure to get adequate calcium and perform weight-bearing exercises to build your bones*
- c. *get adequate calcium, but forget the exercise*

## Red — Choice Card #2

You are 65 and have been diagnosed with osteoporosis. You will need to —

- a. *get adequate calcium and exercise*
- b. *take a recommended estrogen prescription*
- c. *get adequate calcium and exercise, and consider taking an estrogen supplement*

## Red — Choice Card #3

Which weight-bearing activity will you chose to increase your bone strength the most?

- a. *rowing*
- b. *walking*
- c. *fishing*

## Red — Choice Card #4

Research shows that most women do not get enough dietary calcium. Select the best time to take a calcium supplement.

- a. *take a tablet weekly*
- b. *take a tablet with each meal*
- c. *take one tablet daily along with plenty of liquids*

## Red — Choice Card #5

How many 8-ounce servings of milk have you had in the last three days?

- a. *1-2 glasses*
- b. *3-4 glasses*
- c. *5 or more glasses*

## Red — Choice Card #6

Due to recent knee surgery, you are not to participate in high-impact exercise. What is your next best choice to help keep your bones healthy?

- a. *jogging*
- b. *walking*
- c. *cross-country skiing machines*

## Red — Choice Card #7

How many times did you eat cheese this last week?

- a. *1-2 times*
- b. *3-4 times*
- c. *5 or more times*

## Red — Choice Card #8

How many times this past week have you eaten yogurt?

- a. *1-2 times*
- b. *3-4 times*
- c. *5 or more times*

Red — Choice Card #9

You don't want to drink milk with your lunch. Select an alternate beverage that is still good for your bones.

- a. *coffee*
- b. *caffeinated soda*
- c. *calcium-fortified orange juice*

Red — Choice Card #10

Homebound people do not get outside as much as they should. This may result in a certain vitamin deficiency. Recommend a way that they correct this situation.

- a. *increase calcium consumption*
- b. *eat more Vitamin D fortified foods*
- c. *take a multiple vitamin with Vitamin D*

Red — Choice Card #11

As you move from middle adulthood to late adulthood, your calcium needs

- a. *remain about the same, unless you are not on estrogen therapy*
- b. *remain about the same*
- c. *become less*

Red — Choice Card #12

You wish to begin a vegetable garden in your backyard. You want to plant a variety of vegetables, but you want to make sure there are some that are calcium-rich. Select the vegetables that provide the most calcium.

- a. *broccoli, collard greens, turnips*
- b. *pinto beans, navy beans, lima beans*
- c. *green beans, sweetpeas, lettuce*

Red — Choice Card #13

You have found that you now have less tolerance for dairy products, but you still want a glass of milk with your meals. What could you add to your milk to make it more tolerable?

- a. *add chocolate flavoring*
- b. *add Lactase Drops*
- c. *add protein powder*

Red — Choice Card #14

When you fractured your hip, the doctor told you that you had signs of osteoporosis. You should

- a. *stop worrying about your calcium intake*
- b. *evaluate your diet and exercise program*
- c. *make no lifestyle changes*

Red — Choice Card #15

You have been a jogger all of your life, but now that you are 65, your doctor has advised you that high impact activities are not good for your joints. Select a more appropriate activity that will still keep your bones and joints healthy with less impact.

- a. *jogging on a treadmill*
- b. *walking*
- c. *skateboarding*

Red — Choice Card #16

At age 78, you have experienced a hip fracture and have recovered slowly. Your family thinks that you should no longer live alone. To convince them that you can still take care of yourself, you:

- a. *and your physical therapist create an exercise regimen to improve balance*
- b. *double your calcium dosage*
- c. *limit your movement throughout the house*

Red — Choice Card #17

At age 62, your bone density reading indicates that you have osteoporosis. Your doctor tells you about various options to slow down the disease. You choose to

- a. *take prescribed calcium and vitamin D supplements*
- b. *quit drinking and quit smoking*
- c. *limit your movement as much as possible*

Red — Choice Card #18

At age 78, you are recovering from compression fractures in your spine. To help relieve the pain and improve your mobility, you rest when necessary,

- a. *but do many repetitions of sit-ups and leg lifts*
- b. *but do back extension exercises and strengthen abdominal muscles*
- c. *and stay in bed until all pain subsides*

Red — Choice Card #19

You have been seeing the same doctor for thirty years. He is not in favor of estrogen-replacement therapy following the onset of menopause. You

- a. *get a second opinion*
- b. *review the latest scientific information and share it with the doctor*
- c. *accept his treatment without question*

Red — Choice Card #20

Imagine that you're 55 years old. How much milk do you think you should drink in three days?

- a. *0 glasses*
- b. *1-3 glasses*
- c. *4 or more glasses*

Red — Choice Card #21

Maintaining muscle strength and balance can help prevent falls. As you are now 68, you want to reduce your chance of falling and having a fracture. Something easy you can choose to do is

- a. *start your own exercise program*
- b. *maintain good posture*
- c. *slouch forward when sitting*

Red — Choice Card #22

You and your friends are going to enjoy the Sunday "All-You-Can-Eat" Buffet. Select a calcium-rich meal.

- a. *shrimp, rice, green beans, chocolate cake*
- b. *roast beef, macaroni and cheese, sweet peas, cherry pie*
- c. *baked fish filet, mashed potatoes, broccoli and cheese sauce, soft-serve ice cream*

Red — Choice Card #23

You are going to stay in your teenage grandson's room over the Christmas holiday. Which thing can you ask him to do to make his room a safer place for you to stay?

- a. *pick up his clutter from the floor*
- b. *have a night-light in the room*
- c. *mop and wax the floor*

Red — Choice Card #24

You know that wearing appropriate shoes will reduce your risk of falling. Choose the best kind of shoes to wear during the work day.

- a. *floppy, slip-on slippers or sandals*
- b. *sturdy, low-heeled, soft-soled shoes*
- c. *spiked heels with ankle straps*

Red — Choice Card #25

Falls are a primary cause of accidental injury and death. To “Fall Proof” your home, you choose to

- a. *allow spills to dry, then wipe them up*
- b. *wipe up spills immediately*
- c. *place rugs in front of the sink to soak up spills*

Red — Choice Card #26

You know to ask your doctor about any side effects or complications that could result from the many prescriptions she gives you. When it comes time to take your meds, you choose to take

- a. *all of your medicines first thing in the morning so you won't forget a dose*
- b. *the correct dosage at the assigned times in the manner prescribed*
- c. *only the medicines that taste good*

Red — Choice Card #27

Sudden shocks and bending forward abruptly can cause damage to vertebrae in the spine. In older people, even a simple sneeze or cough can cause a problem. So, the next time you sneeze, you will choose to

- a. *try to stop the sneeze*
- b. *quickly bend forward*
- c. *support your back with your hand*

Red — Choice Card #28

To improve your posture, your doctor has suggested an exercise regimen. You choose to follow the regimen

- a. *but only work out once a week*
- b. *until the exercises cause pain and discomfort then quit altogether*
- c. *by starting out slowly then building up to a tolerable daily routine*

Red — Choice Card #29

Your diagnosis of osteoporosis caused you to make many important changes and adopt some helpful habits. These are important steps to take because

- a. *current practices will cure osteoporosis*
- b. *a positive attitude can help you cope with your disease*
- c. *you can lessen your chance of injury and decrease your pain*

Red — Choice Card #30

Benefits to estrogen-replacement therapy include prevention of bone loss and prevention of cardiovascular disease. Most women can successfully take estrogen, so you

- a. *refuse because it is linked to some cancers*
- b. *study the pros and cons, then begin the recommended therapy*
- c. *begin therapy, but quit shortly because taking a daily tablet is a pain*

Red — Choice Card #31

To help retard bone loss during menopause, you choose to

- a. *receive fluoride treatments*
- b. *have estrogen-replacement therapy*
- c. *take high doses of calcium supplements*

Red — Choice Card #32

To help prevent falls, you have signed up for Tai Chi classes. This choice will help

- a. *you with your balance and flexibility*
- b. *your ability to defend yourself*
- c. *give you a high degree of confidence*

Red — Choice Card #33

You have signed up for ballroom dance class and choose to

- a. *practice three times a week and attend classes*
- b. *practice aggressively during your class only*
- c. *sit on the side with the wallflowers and observe others learning to dance*

Red — Choice Card #34

This afternoon, you have a doctor's appointment for a re-evaluation and to renew your calcium prescription.

You choose to

- a. *forget about going; it interferes with bingo*
- b. *see the doctor, fill your prescription, and then go to bingo*
- c. *see the doctor, but forget about the prescription*

Red — Choice Card #35

After a few days have passed, you are still suffering with a pain in your back. You decide to

- a. *be as stubborn as always and just ignore it*
- b. *contact the doctor's office and ask about treatment*
- c. *give it just one more day to see if it will go away*

# INFORMATION FOR “OS MASTER” RED CHOICE CARDS

Photocopy on red paper, then provide the “Os Master” with a copy of the “Red Choice Cards” information.

## Red — Choice Card 1

When you fractured your wrist the doctor said that you have early signs of osteoporosis. You should —

- a. *not worry about calcium or exercise —  
it’s too late for you!* *pay 50 “Osteo-coins”*
- b. *be sure to get adequate calcium and perform  
weight-bearing exercises to build your bones* *earn 25 “Osteo-coins”*
- c. *get adequate calcium, but forget the exercise* *earn 10 “Osteo-coins”*

## Red — Choice Card 2

You are 65 and have been diagnosed with osteoporosis. You will need to —

- a. *get adequate calcium and exercise* *earn 10 “Osteo-coins”*
- b. *take a recommended estrogen prescription* *earn 10 “Osteo-coins”*
- c. *get adequate calcium and exercise, and  
consider taking an estrogen supplement* *earn 25 “Osteo-coins”*

## Red — Choice Card 3

Which weight-bearing activity will you chose to increase your bone strength the most?

- a. *rowing* *earn 10 “Osteo-coins”*
- b. *walking* *earn 25 “Osteo-coins”*
- c. *fishing* *0, no “Os” gain, no “Os” loss*

## RED — Choice Card 4

Research shows that most women do not get enough dietary calcium. Select the best time to take a calcium supplement.

- a. *take a tablet weekly* *pay 10 “Osteo-coins”*
- b. *take a tablet with each meal* *earn 25 “Osteo-coins”*
- c. *take one tablet daily along with plenty of liquids* *earn 10 “Osteo-coins”*

## RED — Choice Card 5

How many 8-ounce servings of milk have you had in the lasts three days?

- a. *1–2 glasses* *0, no “Os” gain, no “Os” loss*
- b. *3–4 glasses* *earn 10 “Osteo-coins”*
- c. *5 or more glasses* *earn 25 “Osteo-coins”*

*If the player has not had milk in the last week, no “Osteo-coins” are given.*

RED — Choice Card 6

Due to recent knee surgery, you are not to participate in high impact exercise. What is your next best choice to help keep your bones healthy?

- a. *jogging* 0, high impact exercise
- b. *walking* earn 25 “Osteo-coins”
- c. *cross-country skiing machines* earn 10 “Osteo-coins”

RED — Choice Card 7

How many times did you eat cheese this last week?

- a. *1–2 times* 0, no “Os” gain, no “Os” loss
- b. *3–4 times* earn 10 “Osteo-coins”
- c. *5 or more times* earn 25 “Osteo-coins”

*If the player has not had cheese in the last week, no “Osteo-coins” are given.*

RED — Choice Card 8

How many times this past week have you eaten yogurt?

- a. *1–2 times* 0, no “Os” gain, no “Os” loss
- b. *3–4 times* earn 10 “Osteo-coins”
- c. *5 or more times* earn 25 “Osteo-coins”

*If the player has not had yogurt in the last week, no “Osteo-coins” are given.*

RED — Choice Card 9

You don’t want to drink milk with your lunch. Select an alternate beverage that is still good for your bones.

- a. *coffee* pay 50 “Osteo-coins”
- b. *caffeinated soda* pay 25 “Osteo-coins”
- c. *calcium-fortified orange juice* earn 25 “Osteo-coins”

RED — Choice Card 10

Homebound people do not get outside as much as they should. This may result in a certain vitamin deficiency. Recommend a way that they correct this situation.

- a. *increase calcium consumption* 0, no “Os” gain, no “Os” loss
- b. *eat more Vitamin D fortified foods* earn 25 “Osteo-coins”
- c. *take a multiple vitamin with Vitamin D* earn 25 “Osteo-coins”

RED — Choice Card 11

As you move from middle adulthood to late adulthood, your calcium needs

- a. *remain about the same, unless you are not on estrogen therapy* earn 25 “Osteo-coins”
- b. *remain about the same* 0, no “Os” gain, no “Os” loss
- c. *become less* pay 50 “Osteo-coins”

RED — Choice Card 12

You wish to begin a vegetable garden in your backyard. You want to plant a variety of vegetables, but you want to make sure there are some that are calcium-rich. Select the vegetables that provide the most calcium.

- a. *broccoli, collard greens, turnips*                      *earn 25 "Osteo-coins"*
- b. *pinto beans, navy beans, lima beans*                      *earn 10 "Osteo-coins"*
- c. *green beans, sweet peas, lettuce*                      *0, no "Os" gain, no "Os" loss*

RED — Choice Card 13

You have found that you now have less tolerance for dairy products, but you still want a glass of milk with your meals. What could you add to your milk to make it more tolerable?

- a. *add chocolate flavoring*                      *pay 25 "Osteo-coins"*
- b. *add Lactase Drops*                      *earn 25 "Osteo-coins"*
- c. *add protein powder*                      *pay 25 "Osteo-coins"*

RED — Choice Card 14

When you fractured your hip, the doctor told you that you had signs of osteoporosis. You should

- a. *stop worrying about your calcium intake*                      *pay 50 "Osteo-coins"*
- b. *evaluate your diet and exercise program*                      *earn 25 "Osteo-coins"*
- c. *make no lifestyle changes*                      *pay 50 "Osteo-coins"*

RED — Choice Card 15

You have been a jogger all of your life, but now that you are 65, your doctor has advised you that high impact activities are not good for your joints. Select a more appropriate activity that will still keep your bones and joints healthy with less impact.

- a. *jogging on a treadmill*                      *pay 50 "Osteo-coins"*
- b. *walking*                      *earn 25 "Osteo-coins"*
- c. *skateboarding*                      *pay 50 "Osteo-coins"*

RED — Choice Card 16

At age 78, you have experienced a hip fracture and have recovered slowly. Your family thinks that you should no longer live alone. To convince them that you can still take care of yourself, you:

- a. *and your physical therapist create an exercise regimen to improve balance*                      *earn 25 "Osteo-coins"*
- b. *double your calcium dosage*                      *pay 25 "Osteo-coins"*
- c. *limit your movement throughout the house*                      *pay 25 "Osteo-coins"*

RED — Choice Card 17

At age 62, your bone density reading indicates that you have osteoporosis. Your doctor tells you about various options to slow down the disease. You choose to

- a. *take prescribed calcium and vitamin D supplements*      *earn 25 “Osteo-coins”*
- b. *quit drinking and quit smoking*      *earn 10 “Osteo-coins”*
- c. *limit your movement as much as possible*      *pay 25 “Osteo-coins”*

RED — Choice Card 18

At age 78, you are recovering from compression fractures in your spine. To help relieve the pain and improve your mobility, you rest when necessary,

- a. *but do many repetitions of sit-ups and leg lifts*      *pay 25 “Osteo-coins”*
- b. *but do back extension exercises and strengthen abdominal muscles*      *earn 25 “Osteo-coins”*
- c. *and stay in bed until all pain subsides*      *pay 25 “Osteo-coins”*

RED — Choice Card 19

You have been seeing the same doctor for thirty years. He is not in favor of estrogen-replacement therapy following the onset of menopause. You

- a. *get a second opinion*      *earn 25 “Osteo-coins”*
- b. *review the latest scientific information and share it with the doctor*      *earn 25 “Osteo-coins”*
- c. *accept his treatment without question*      *pay 25 “Osteo-coins”*

RED — Choice Card 20

Imagine that you’re 55 years old. How much milk do you think you should drink in three days?

- a. *0 glasses*      *0*
- b. *1–3 glasses*      *earn 10 “Osteo-coins”*
- c. *4 or more glasses*      *earn 25 “Osteo-coins”*

RED — Choice Card 21

Maintaining muscle strength and balance can help prevent falls. As you are now 68, you want to reduce your chance of falling and having a fracture. Something easy you can choose to do is

- a. *start your own exercise program*      *pay 50 “Osteo-coins” (please consult with your doctor first)*
- b. *maintain good posture*      *earn 25 “Osteo-coins”*
- c. *slouch forward when sitting*      *pay 50 “Osteo-coins”*

RED — Choice Card 22

You and your friends are going to enjoy the Sunday “All-You-Can-Eat” Buffet. Select a calcium-rich meal.

- a. *shrimp, rice, green beans, chocolate cake*                      *earn 10 “Osteo-coins”*
- b. *roast beef, macaroni and cheese,*  
*sweet peas, cherry pie*    *earn 10 “Osteo-coins”*
- c. *baked fish filet, mashed potatoes,*  
*broccoli and cheese sauce, soft-serve ice cream*                      *earn 25 “Osteo-coins”*

RED — Choice Card 23

You are going to stay in your teenage grandson’s room over the Christmas holiday. Which thing can you ask him to do to make his room a safer place for you to stay?

- a. *pick up his clutter from the floor*                                      *earn 25 “Osteo-coins”*
- b. *have a night-light in the room*                                      *earn 25 “Osteo-coins”*
- c. *mop and wax the floor*    *pay 25 “Osteo-coins”*

RED — Choice Card 24

You know that wearing appropriate shoes will reduce your risk of falling. Choose the best kind of shoes to wear during the work day.

- a. *floppy, slip-on slippers or sandals*                                      *pay 25 “Osteo-coins”*
- b. *sturdy, low-heeled, soft-soled shoes*                                      *earn 25 “Osteo-coins”*
- c. *spiked heels with ankle straps*                                      *pay 25 “Osteo-coins”*

RED — Choice Card 25

Falls are a primary cause of accidental injury and death. To “Fall Proof” your home, you choose to

- a. *allow spills to dry, then wipe them up*                                      *pay 25 “Osteo-coins”*
- b. *wipe up spills immediately*    *earn 25 “Osteo-coins”*
- c. *place rugs in front of the sink to soak up spills*                                      *pay 25 “Osteo-coins”*

RED — Choice Card 26

You know to ask your doctor about any side effects or complications that could result from the many prescriptions she gives you. When it comes time to take your meds, you choose to take

- a. *all of your medicines first thing in the morning so*  
*you won’t forget a dose*    *pay 25 “Osteo-coins”*
- b. *the correct dosage at the assigned times in*  
*the manner prescribed*    *earn 25 “Osteo-coins”*
- c. *only the medicines that taste good*                                      *pay 50 “Osteo-coins”*

RED — Choice Card 27

Sudden shocks and bending forward abruptly can cause damage to vertebrae in the spine. In older people, even a simple sneeze or cough can cause a problem. So, the next time you sneeze, you will choose to

- a. *try to stop the sneeze* pay 25 “Osteo-coins”
- b. *quickly bend forward* pay 25 “Osteo-coins”
- c. *support your back with your hand* earn 25 “Osteo-coins”

RED — Choice Card 28

To improve your posture, your doctor has suggested an exercise regimen. You choose to follow the regimen

- a. *but only work out once a week* pay 25 “Osteo-coins”
- b. *until the exercises cause pain and discomfort then quit altogether* pay 25 “Osteo-coins”
- c. *by starting out slowly then building up to a tolerable daily routine* earn 25 “Osteo-coins”

RED — Choice Card 29

Your diagnosis of osteoporosis caused you to make many important changes and adopt some helpful habits. These are important steps to take because

- a. *current practices will cure osteoporosis* pay 25 “Osteo-coins”
- b. *a positive attitude can help you cope with your disease* earn 10 “Osteo-coins”
- c. *you can lessen your chance of injury and decrease your pain* earn 25 “Osteo-coins”

RED — Choice Card 30

Benefits to estrogen-replacement therapy include prevention of bone loss and prevention of cardiovascular disease. Most women can successfully take estrogen, so you

- a. *refuse because it is linked to some cancers* pay 25 “Osteo-coins”
- b. *study the pros and cons, then begin the recommended therapy* earn 25 “Osteo-coins”
- c. *begin therapy, but quit shortly because taking a daily tablet is a pain* pay 50 “Osteo-coins”

RED — Choice Card 31

To help retard bone loss during menopause, you choose to

- a. *receive fluoride treatments* 0, no significant bone increase
- b. *have estrogen-replacement therapy* earn 25 “Osteo-coins”
- c. *take high doses of calcium supplements* 0

RED — Choice Card 32

To help prevent falls, you have signed up for Tai Chi classes. This choice will help

- a. *you with your balance and flexibility* earn 25 “Osteo-coins”
- b. *your ability to defend yourself* earn 10 “Osteo-coins”
- c. *give you a high degree of confidence* earn 10 “Osteo-coins”

RED — Choice Card 33

You have signed up for ballroom dance class and choose to

- |   |                       |
|---|-----------------------|
| a. <i>practice three times a week and attend classes</i>                            | earn 25 “Osteo-coins” |
| b. <i>practice aggressively during your class only</i>                              | 0                     |
| c. <i>sit on the side with the wallflowers and observe others learning to dance</i> | pay 25 “Osteo-coins”  |

RED — Choice Card 34

This afternoon, you have a doctor’s appointment for a re-evaluation and to renew your calcium prescription. You choose to

- |  |                       |
|--|-----------------------|
| a. <i>forget about going; it interferes with bingo</i>                 | pay 50 “Osteo-coins”  |
| b. <i>see the doctor, fill your prescription, and then go to bingo</i> | earn 25 “Osteo-coins” |
| c. <i>see the doctor, but forget about the prescription</i>            | pay 25 “Osteo-coins”  |

RED — Choice Card 35

After a few days have passed, you are still suffering with a pain in your back. You decide to

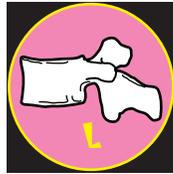
- |   |                       |
|---|-----------------------|
| a. <i>be as stubborn as always and just ignore it</i>         | pay 50 “Osteo-coins”  |
| b. <i>contact the doctor’s office and ask about treatment</i> | earn 25 “Osteo-coins” |
| c. <i>give it just one more day to see if it will go away</i> | pay 25 “Osteo-coins”  |

# OS COSTS — PROCESSING OUT

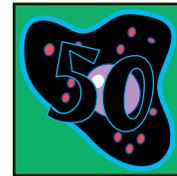
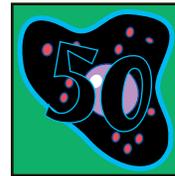
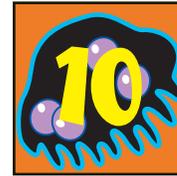
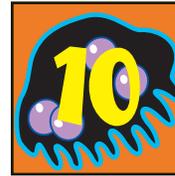
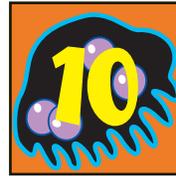
You may discuss possible answers with your team of payers and/or use your OsCosts Game Log to respond to these questions.

1. Which color zone in the Os Costs Game offered the opportunity to gain the most points (“Osteo-Coins”)? Why do you think this was so?
2. Give at least 3 examples of “good” choices that you or the other players made in the game that earned bone mass points (“Osteo-Coins”).
3. Give an example of 3 “bad” choices you or the other players made in the game that lost bone mass points (“Osteo-Coins”).
4. In the Os Costs game, what do the “Osteo-Coins” represent?
5. Name three “fates” that you or the other players selected that had a positive impact on your bones.
6. Name three “fates” that you or the other players selected that had a negative impact on your bones.
7. Give some examples of choices that we can make that will affect the health of our bones.
8. Name 3 circumstances beyond our control that affect our bones.
9. What three things must a player know to determine if she/he falls above or below the “fracture threshold” on the Bone Density Across the Life Span Graph?

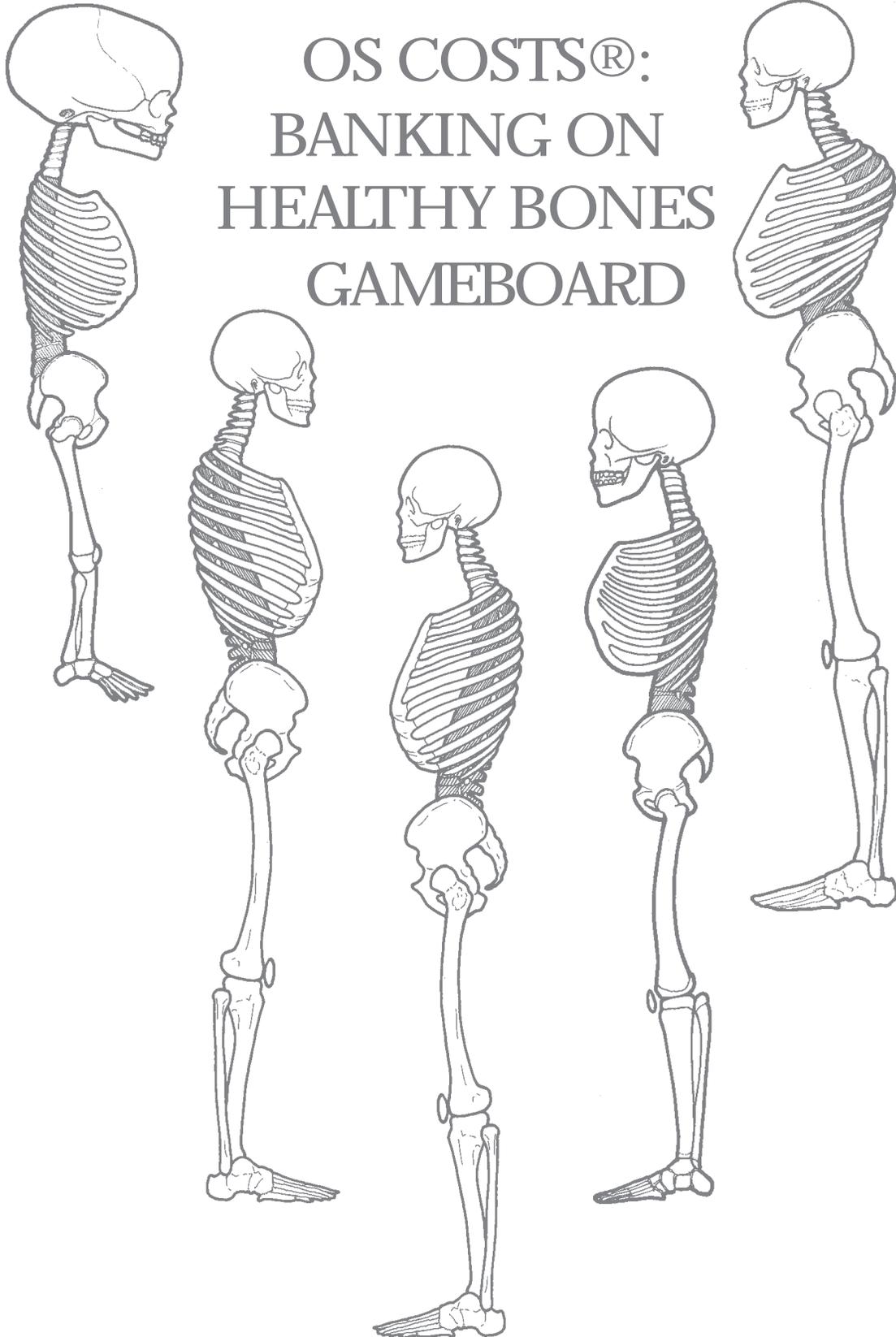
# GAME PIECES

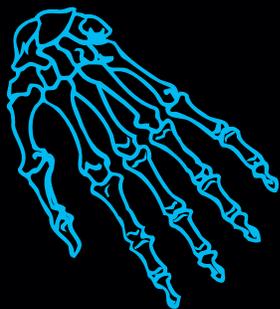


# "OSTEO-COINS"

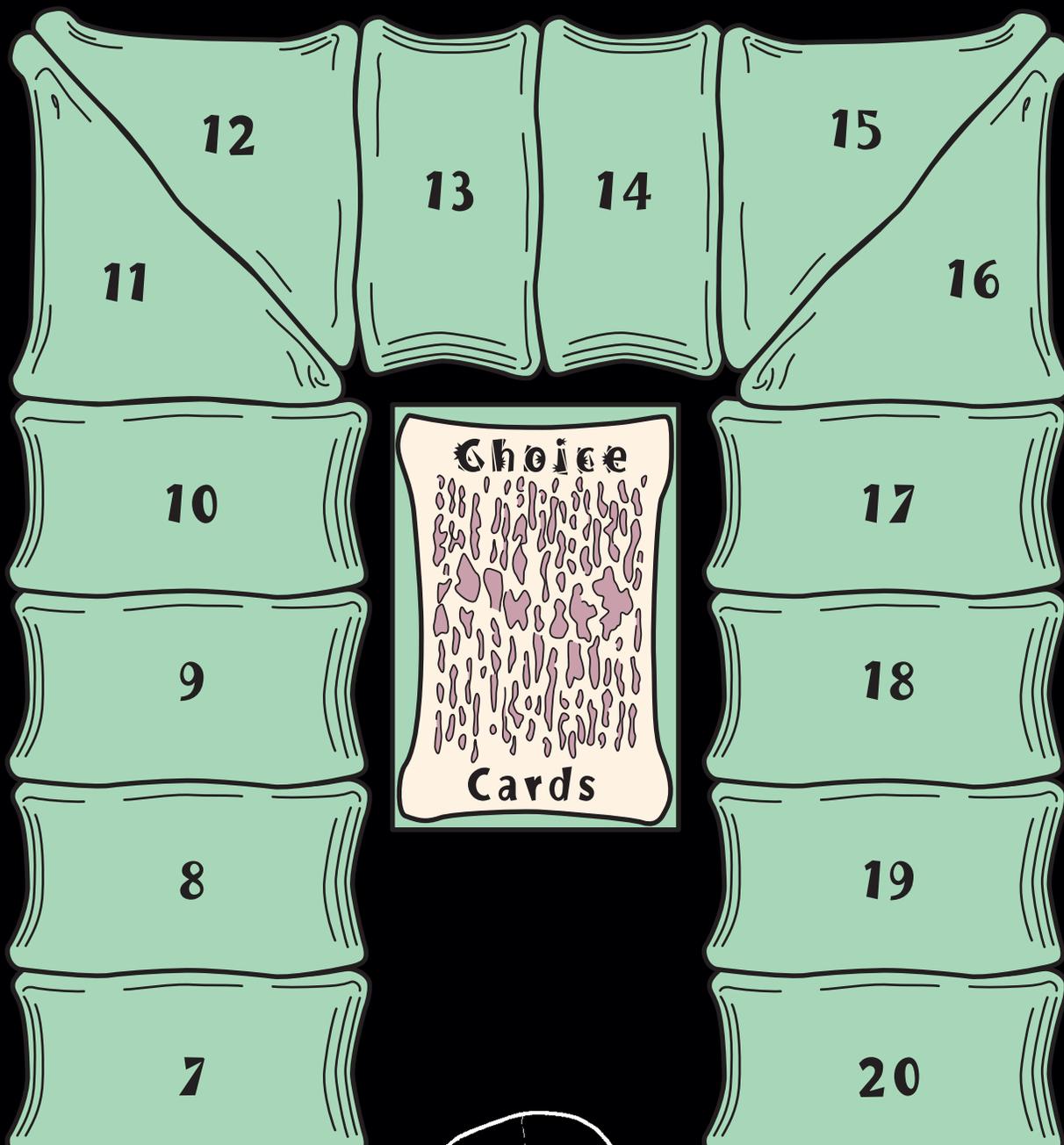


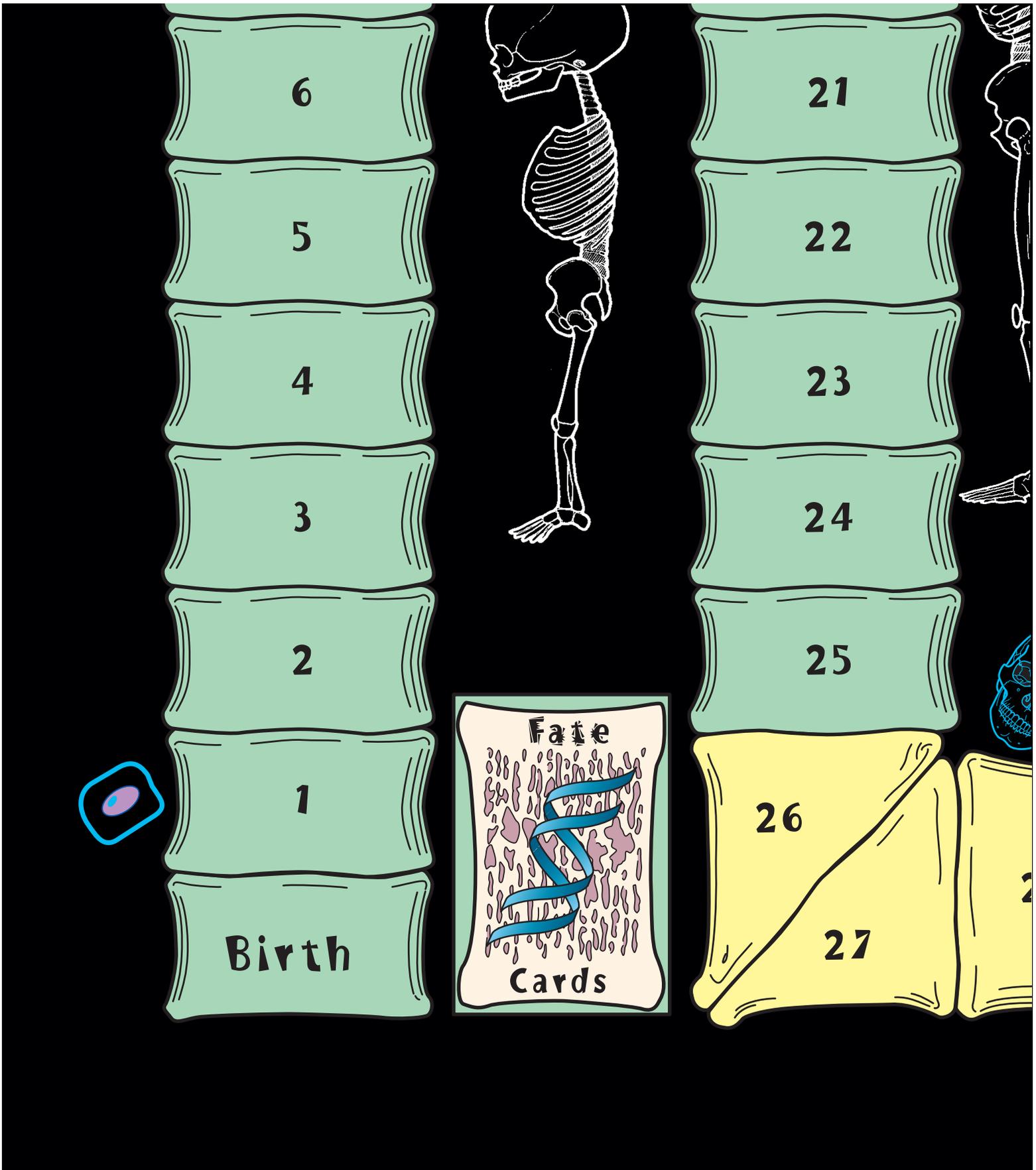
OS COSTS®:  
BANKING ON  
HEALTHY BONES  
GAMEBOARD



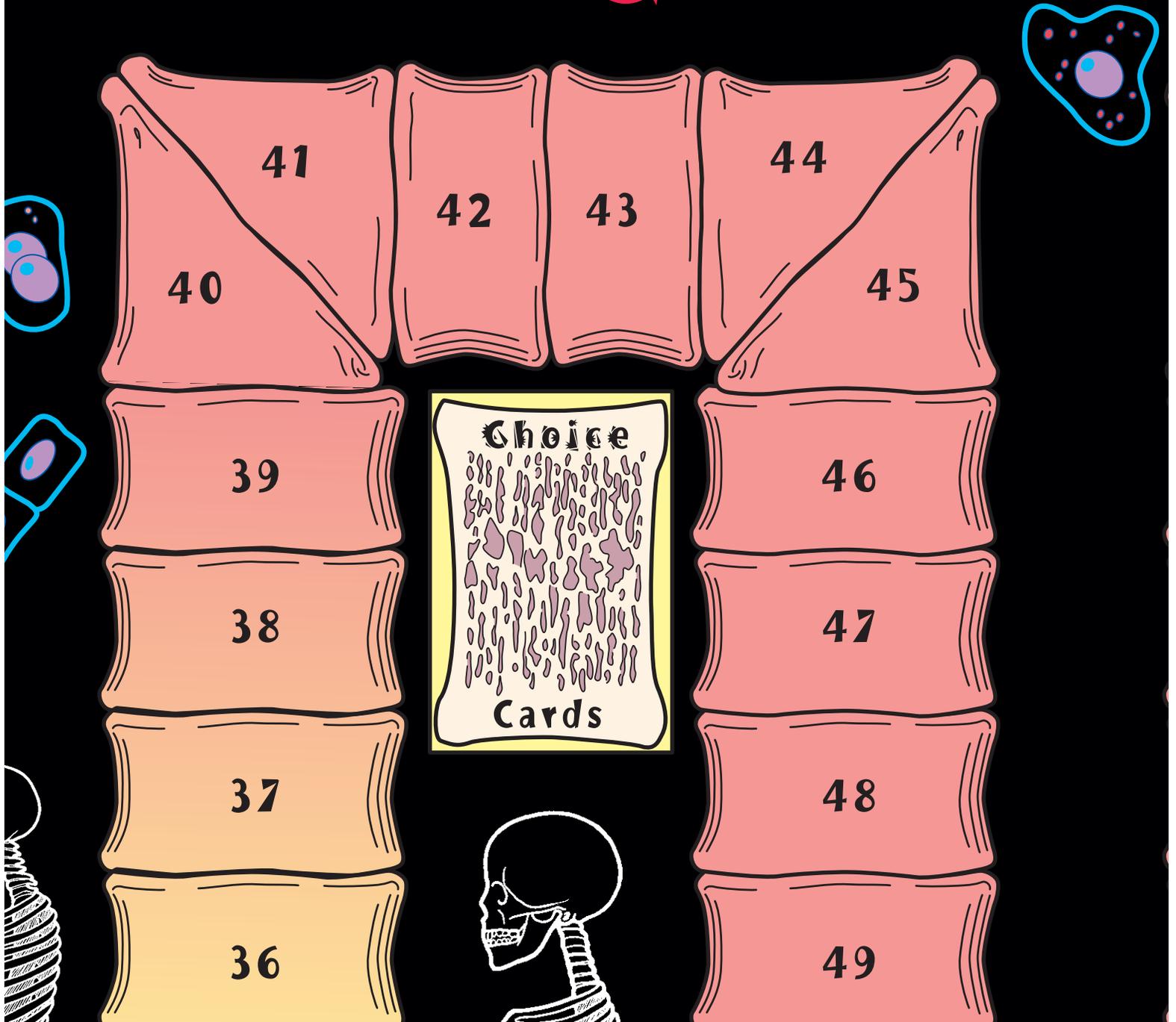


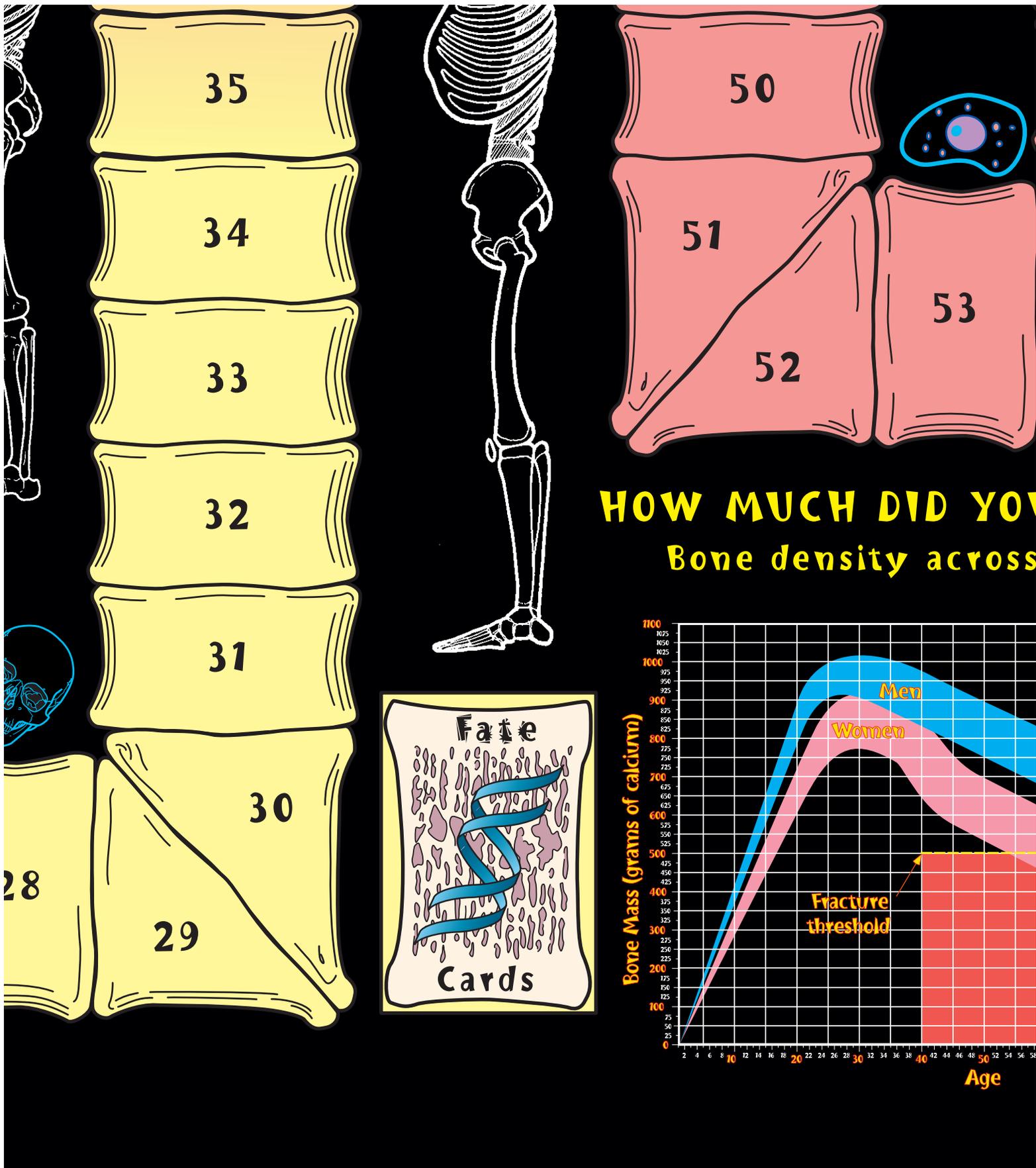
# OS COSTS





# Banking on Hea





# anatomy Bones

