

# No Bones About It!

Our bodies contain 206 skeletal bones. Without our skeletons, we would be a shapeless mass, much like a jellyfish. While most of our bones give our bodies structure and strength, many bones also serve another important purpose. These bones carefully protect our sensitive organs. For example, the skull protects our brain, while our rib cage and breastbone protect our lungs and heart.

Our skeletal bones are very much alive. Each bone is actually hollow and contains a material inside known as marrow. Marrow makes our bones lighter and easier to move, yet strong enough to support our bodies.

This rigid skeleton also does a remarkable thing: It grows! Our bodies absorb minerals such as calcium, from the foods we eat and turns these minerals into the hard bones that make our skeletons.

