

Move It!



And Reduce Your Risk of Diabetes

Don't slow down! Becoming inactive and overweight as a teen can put you at risk for diabetes. In fact, type 2 diabetes is more common than ever in young American Indians and Native Alaskans. But you can stay healthy and have fun by keeping active.

**So get up and Move It!
And Reduce Your Risk of Diabetes.**



For more information contact
**Association of American Indian Physicians
at (877) 943-4299 or <http://www.aaip.com>**

