

# 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>

