

# Move It!



## And Reduce Your Risk of Diabetes

For more information contact  
**Association of American Indian Physicians**  
(877) 943-4299 or [www.aaip.org](http://www.aaip.org)

or

**National Diabetes Education Program**  
1-800-438-5383 or [www.ndep.nih.gov](http://www.ndep.nih.gov)

