

BEAT IT!

You can help your child stay at a healthy weight and prevent diabetes. Help them be physically active 1 to 2 hours each day.

BEAT IT!

**Freedom Pratt Will
(TLINGIT / MUCKLESHOOT)**
stays fit
by drumming and dancing

IHS Division of Diabetes
Treatment and Prevention
TO PRINT POSTERS GO TO
www.diabetes.ihs.gov, printable materials

