

# TACKLE IT!

You can stay at a healthy weight and prevent diabetes. Be physically active 1-2 hours each day.

**TACKLE IT!**

**Malik Ignacio  
(NAVAJO)**

stays fit  
by playing football

photo by  
Wylonda Horseson  
(Navajo/Puyallup)

IHS Division of Diabetes  
Treatment and Prevention  
TO PRINT POSTERS GO TO  
[www.diabetes.ihs.gov](http://www.diabetes.ihs.gov), printable materials

