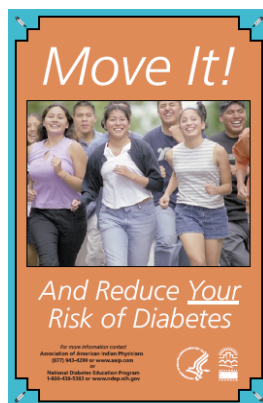
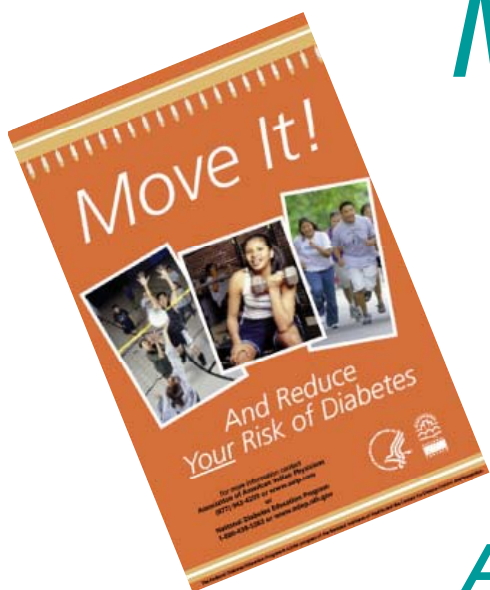


# Move It!



## And Reduce Your Risk of Diabetes

The National Diabetes Education Program (NDEP) has recently revised their *Move It!* school kit to encourage physical activity among American Indian/Alaska Native youth in schools.

It offers materials, such as:

- 🍃 **“Getting Started” Sheet** - Contains a list of suggested school campaign activities
- 🍃 **Move It! Posters** - Customized with local photos and the local school’s logo
- 🍃 **Fact Sheets** - Updated information for teachers and students on diabetes and youth
- 🍃 **Newsletter** - A great resource showing how schools have implemented the program in their communities
- 🍃 **Resources** - Lists programs and initiatives targeting physical activity and youth

**Act now to enhance the lives of  
American Indian/Alaska Native youth tomorrow!**



The “Move It! And Reduce Your Risk of Diabetes” national awareness campaign was developed by the NDEP American Indian/Alaska Native Work Group, and co-designed by American Indian/Alaska Native youth. For more information, contact the Association of American Indian Physicians at 1-877-943-4299 or [www.aaip.org](http://www.aaip.org) or the National Diabetes Education Program at 1-800-438-5383 or [www.ndep.nih.gov](http://www.ndep.nih.gov).

