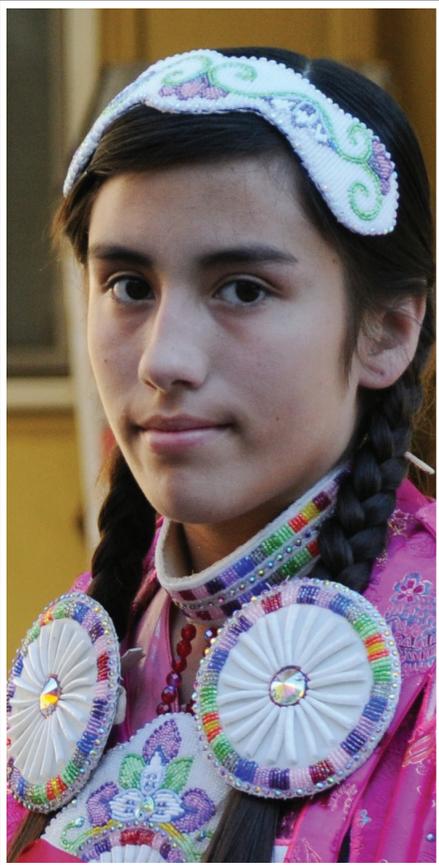


You can help her stay strong and healthy.

You can help your children stay strong and show them ways to lead happy, healthy lives:

- **Get enough sleep.**
- **Be physically active every day.**
- **Eat healthy foods.**
- **Be happy and laugh often.**
- **Connect to nature and Spirit.**



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