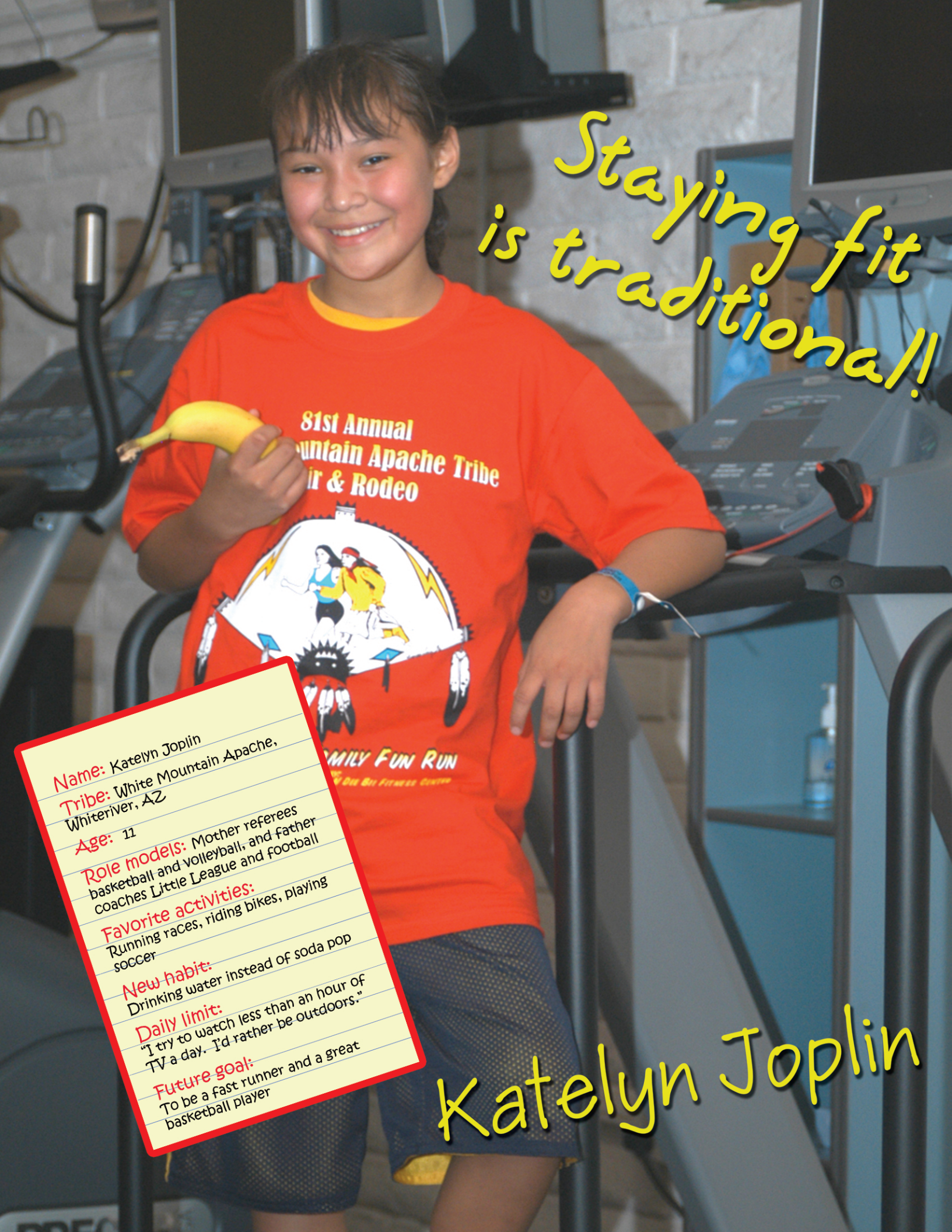

Staying fit is traditional!

Name: Katelyn Joplin

Tribe: White Mountain Apache, Whiteriver, AZ

Age: 11

Role models: Mother referees basketball and volleyball, and father coaches Little League and football

Favorite activities: Running races, riding bikes, playing soccer

New habit: Drinking water instead of soda pop

Daily limit: "I try to watch less than an hour of TV a day. I'd rather be outdoors."

Future goal: To be a fast runner and a great basketball player

Katelyn Joplin