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