

## IT'S WHO WE ARE.

As American Indian parents, we have always taught our children to be active and to participate in many physical activities.

## PROUD, STRONG, ACTIVE

Today we can keep the traditions of healthy children and healthy communities alive by encouraging our children to be active and joining them in physical activities for an hour a day. To learn more visit:

[WWW.VERBPARENTS.COM](http://www.verbpARENTS.com)

