

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:

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U.S. Department of Health and Human Services, Centers for Disease Control and Prevention