Mr. Eagle says, “To stay healthy and strong we need to move our whole body every day.”

To protect our family from the health risks of diabetes, I pledge to join in at least one fun, healthy activity with my child this week.

Date ____________________  Activity ____________________

Parent Signature ____________________________________________

Knees Lifted High
Week 2

Running, walking, baseball, basketball, football, biking, skating, croquet, hiking, volleyball, softball, soccer, hardball, jogging, tumbling, tetherball, golf, gardening, rollerblading, skateboarding, badminton, tennis, frisbee, dancing, tag, hopscotch, skiing, jump rope, lacrosse, dancing, swimming, relay races.