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 ________________________________________________

gardening, rollerblading, skateboarding, badminton, tennis, frisbee, dancing, tag, hopscotch, skiing,

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