

*“Do something every day
to keep your body moving”*

-Mr. Eagle



Mr. Eagle explains to Rain That Dances and his best friend, Thunder Cloud, what is happening in the body when people have type 2 diabetes. He also shares with the boys that moving our bodies helps people stay healthy. When he flies over and does not see children playing outside, he knows they are inside—not moving their bodies enough. Mr. Eagle asks the boys for ideas for being active, and then he teaches them a game that soon has them moving, and laughing, too.

BE ACTIVE



The vigorous, active lives that Native peoples lived as farmers and hunters helped to protect them from developing type 2 diabetes. Today, not everyone can be a hunter or farmer, but moving—walking, riding a bike, gardening, dancing and playing outside—puts our muscles in motion and helps our bodies stay healthy, keeping the right balance of sugar in our blood.

