

The bulk of my well-being was based on eating country food... obviously, if you have bad habits, you're going to pass those bad habits on, but in my family, because my family including my siblings are very practiced in eating well and living well, I have a very fit, well family.

Communities who are healthy have children with glowing faces and shiny eyes.

~Inuk singer, long-distance runner, and role model Lucie Idlout



Are you an Aboriginal parent or service provider?
Visit www.letsbehealthy.ca for tips and ideas
on preventing childhood obesity.

**Let's be
healthy
together!**

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