

# Driftpile

# Fit In!

How much does  
Driftpile weigh?

**43,040  
pounds**

The average  
person in Driftpile  
weighs **199 lbs.**

**66%** of our kids  
are **obese.**



Being overweight can lead to **DIABETES** and **HEART DISEASE.**

Here's what you can do to live healthy and ***Fit In!***

- Exercise for 30 minutes every day. *Take a walk! Work out at the fitness centre!*
- DON'T drink pop, iced tea, fruit punch, or Gatorade. *These drinks have a lot of sugar.*
- DON'T eat fatty foods like potato chips and donuts.
- Eat wild foods whenever you can.
- Get enough sleep, and don't get stressed out!
- Get tested for diabetes.

Live Healthy.  
***FIT IN!***

Want more information about LIVING HEALTHY?  
Call the Maggie Willier Wellness Centre at 355-3931

