



# We Can! Products & Order Information

## Together We Can! Achieve a Healthy Weight

We Can! (Ways to Enhance Children's Activity and Nutrition) is a new public education outreach program designed to help children ages 8–13 stay at a healthy weight through improved food choices, increased physical activity, and reduced screen time.

Overweight is a problem for children as well as adults in the United States, and health experts are especially concerned about the long-term consequences of excess weight in children. We Can! focuses on providing information and strategies to parents and families to help young people eat and be physically active.

We Can! was developed by the National Heart, Lung, and Blood Institute (NHLBI) and is being promoted with three other NIH Institutes—the National Institute of Diabetes and Digestive and Kidney Diseases, the National Institute of Child Health and Human Development, and the National Cancer Institute.

Products created to support NIH's We Can! program include a community toolkit, a parent handbook (in English and Spanish), and a poster.



### #5272— We Can! Energize Our Community: Toolkit for Action

This toolkit gives community planners a one-stop shop of planning tools, reproducible materials, and dynamic activities for parents to encourage healthy weight in their family. The toolkit offers a six-course curriculum for parents that provides instruction on energy balance and nutrition as well as activities to increase access and availability of healthy foods, increase physical activity, and reduce screen time. Community groups, health departments, and park and recreation agencies can conduct local outreach and programming for parents, youth, and the community at large with the helpful tip sheets and assessment tools for working with local media, partners, and conducting community events to support the We Can! program.

#5272  
2005, 200 pages, 8.5x11 inches, color  
\$22 each  
2 or more \$20 each

### #56-260N (Adult), #56-261N (Youth)— We Can! Wristband

The We Can! wristband shows your support for a healthier future for our children by adopting habits to maintain a healthy weight. Each wristband comes in sky blue and is stamped with the We Can! logo. Share them with your friends, coworkers, and family—and help show a "can do" attitude to everyone trying to maintain a healthy weight. Available in adult and youth sizes.

#56-260N (Adult)  
2005, silicone, 0.5x8 inches, blue  
#56-261N (Youth)  
2005, silicone, 0.5x7 inches, blue  
\$2 each  
25 wristbands \$31.25  
100 wristbands \$100



### #5273— We Can! Families Finding the Balance: A Parent Handbook

Learn practical tips to help your family find the right balance of eating well and being physically active to maintain a healthy weight. This useful, easy-to-read handbook explains the concept of Go, Slow, and Whoa foods; proper portion size; and how to make screen time active time. Community planners or health care professionals may wish to order copies to share with parents at community events or with patients. The handbook also provides resources for further information on real-life strategies for managing a healthy weight in today's world. Available in English and Spanish.

#5273 (English)  
#5274 (Spanish)  
2005, 26 pages, 8.5x11 inches, full color  
FREE single copy  
Additional copies \$1.50 each  
25 copies \$31.25  
100 copies \$100

### #5275—Who Can Make it Happen? Poster

This attractive poster can help you promote We Can! programming in your community center or doctor's office! Space is available to add your organization name or local participation with the We Can! program. The poster provides the We Can! Web site URL for additional information.

#5275  
2005, 28x40 inches, full color  
\$1.50 each  
25 copies \$31.25  
100 copies \$100

