

## We Can! at Concordia

Concordia College presents We Can!, a family program dedicated to the healthy future of children and teaching lasting lifestyle choices. The campus will host this program on Mondays and Wednesdays from 5:30 to 7:00pm starting June 1 and ending June 24 to engage children ages 7-12 in healthy eating, living, and learning and to involve parents, families and the community in support. The Concordia College We Can! program includes:

- Fun physical activities
- Interactive nutrition lessons with a team of dietitians
- Healthful cooking classes with our culinary team
- Family learning sessions

For registration and free information visit [www.ConcordiaCollege.edu/wecan](http://www.ConcordiaCollege.edu/wecan) or call (218) 299-3706.

All applicants must be capable of safely engaging in physical activity.



## What is We Can!?

We Can! (Ways to Enhance Children's Activity & Nutrition) is an education program designed to help children maintain a healthy weight. The program advocates:

- Improving food choices
- Increasing physical activity
- Reducing screen time (TV, video games and computer)
- Parent, family and community involvement

The program is a collaboration of five institutes of the National Institutes of Health (NIH): the National Heart, Lung, and Blood Institute (NHLBI), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institute of Child Health and Human Development (NICHD), and National Cancer Institute (NCI).

**CONCORDIA**  
COLLEGE  
*Dining Services*  
901 8th St. S., Moorhead, MN 56562

Concordia College  
Moorhead, Minnesota presents  
**We Can!**  
Ways to Enhance Children's Activity & Nutrition



## Why Should We Care?

As a nation we've been steadily getting heavier. According to 2002 national data, about 65 percent of adult Americans are overweight or obese and 16 percent of children and teens are overweight, doubling the percentages of the 1970s.

Encouraging your family to maintain a healthy weight is one of the most important things a parent or caregiver can do. The two things you can do right away are make smart food choices and encourage more physical activity – and the We Can! program is here to help. We Can! provides several ideas that can help you and your family get started.

## The Balancing Act

Becoming overweight doesn't happen overnight. It develops over time when the energy we take in by eating and drinking (calories) is not in balance with the energy we burn out from physical and daily activity.



## Energy Out: Physical Activity and Screen Time

Most of us aren't very physically active. We sit a lot and spend hours in front of TVs, video games and computers. Children are not as active as they should be. We need to encourage children to get 60 minutes of moderate to vigorous intensity exercise on most days. We need to discourage sedentary time and limit screen time to two hours or less.

### Tips:

- Go on a family bike ride or hike.
- Buy a set of hand weights or play a round of Simon Says with your children.
- Choose "labor-saving" devices instead of "labor-saving" devices – wash the car by hand with your children instead of going through the car wash.
- Garden with your family – cutting the lawn, pulling weeds or raking leaves can be family time.

## Energy In:

### Focusing on Food Choices and Portion Size

Calories do count, no matter what kind of food or drink they come from. The trick to controlling energy in is to choose lower calorie foods and enjoy smaller portions.

### Tips:

- Choose food portions no larger than your fist.
- Choose a checkout line without a candy display.
- Give the entire family a low-fat, high-fiber breakfast – it may help keep hunger pangs away longer.
- Put fruit slices and cut-up veggies out as snacks instead of chips and cookies.
- One way to control energy in is to think about food choices in terms of go, slow and whoa foods:
- Go foods are the lowest in fat and added sugar. They are rich in nutrients and relatively low in calories. Enjoy go foods almost anytime.
- Slow foods are higher in fat, added sugar and calories than go foods. Have slow foods sometimes, at most several times a week.
- Whoa foods are highest in fat and added sugar. They are high in calories, and many are low in nutrients. Have small portions of whoa foods only once in a while or on special occasions.



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