

A LESSON FOR RAISING A HEALTHY CHILD



Helping kids maintain a healthy weight isn't easy. But you have more power than you know. Provide nutritious foods, help your kids be more active, and reduce their screen time. Learn more at

<http://wecan.nhlbi.nih.gov>



U.S. Department of Health and Human Services
National Institutes of Health

We Can! Ways to Enhance Children's Activity & Nutrition, We Can!, and the We Can! logos are registered trademarks of the U.S. Department of Health & Human Services (HHS).

