

We Can!® Community Sites and Partners Hit a Home Run

Put down the peanuts and cracker jacks! Say *whoa* to that hot dog and go *slow* on the ballpark snacks! **We Can!**'s spring training was a rousing success!

From Florida to Maine to Illinois, community sites and partners across the country are helping members of their communities to live healthier lives by hosting **We Can!** regional trainings. Brunswick and Smyrna, Georgia kicked off the training season, and in April, the bases were loaded as three trainings took place in Augusta, Maine; Stuart, Florida; and Pittsburgh, Pennsylvania. Two additional trainings took place in May in Newark, Delaware and Chicago, Illinois. And, the training in Maine garnered local media coverage on two different channels. Check out the stories at the following URLs:

- <http://www.wcsh6.com/news/local/story.aspx?storyid=116402 &catid=2>
- <http://www.myfoxmaine.com/news/90339174.html>



The trainings, which include two full days of interactive sessions on the **We Can!** program and its curricula, teach participants the fundamentals of the program, as well as how to implement **We Can!** programming in a variety of city, county, and community settings.

At the regional training in Pittsburgh, Angela Seals, Program Manager at the Children's Museum of Pittsburgh, discussed the ways in which the Museum uses **We Can!** to encourage families to “change the way we think about the way we play,” while Kay Owens, Project Director at HEALTHY Armstrong—a **We Can!** County—discussed how Armstrong County's use of **We Can!** led to policy changes in their public schools' cafeterias in partnership with UPMC Health Plan.

We Can! regional trainings also give participants the opportunity to connect with other community members interested in achieving similar goals in creating and sustaining healthy living.

“Many of the participants not only enjoyed the opportunity to learn from the national team, but they also enjoyed networking with others in the community interested in addressing the issues surrounding children's activity and nutrition,” said Donna Goodwin, Program Coordinator at the Martin County Health Department and host of the **We Can!** regional training in Stuart, Florida.

The regional trainings have had a broad impact; 687 people registered for the seven trainings that were held through May of this year. If you were not able to attend but are still interested, keep an eye out for additional training opportunities being planned for the fall. Or, if you don't want to wait that long, you can get trained on our Parent Program without even leaving your desk by checking out our online training page at <http://wecan.nhlbi.nih.gov/partner-with-us/online-training.htm>.

"Go, Slow, and Whoa Foods" Hits Jackpot Thanks to New Hip Hop Song

"Pack it up. Pack it up.

It's lunchtime.

Pack it up, pack it up with your vegetables.

Pack it up, pack it up with your breads and fruits."

These are just a few of the lyrics of a hip-hop song and video called "Pack it Up," based on the **We Can!** "Go, Slow, Whoa" foods chart. The song/video is making its way up the charts among Las Vegas preschoolers and their parents.



"Pack it Up" is one of three "All 4 Kids" videos that are part of a complete curriculum called *All 4 Kids: Healthy, Happy, Active, Fit* funded by the University of Nevada Cooperative Extension and the USDA's Supplemental Nutrition Assistance Program Education program, which addresses childhood obesity in preschoolers.

Each video is in a different musical style and promotes one of the following messages: healthy eating (Hip Hop), physical activity (Country), and self acceptance (Latin). They were created by exercise physiologist Anne R. Lindsay and her colleagues at the University of Nevada Cooperative Extension (UNCE).

"If you mix music, dance, and a message—it works!" said Lindsay, a UNCE assistant professor who's recorded two albums of her own; performs locally; and is the guitar player featured in the country music video on physical activity. "We produced CDs along with the three videos to distribute to preschoolers who took part in our program, so that they could then take the CD home and extend the lesson to the whole family."

To make sure the CD would appeal to both parents and kids, the team chose music that had cross-generational appeal and would get the whole family grooving to the beat. The music is so appealing that its popularity has stretched all the way down to the Strip.

Lindsay's musical connections made it all possible because local musicians—including the rap artist Ginisis TNB who sings the "Go, Slow, and Whoa"-based song—volunteered their talents. In fact, the videos are so popular that the initial order of 2,000 CDs from the December 2009 launch is long gone. Lindsay and her team have ordered more, and posted the videos on YouTube for broader appeal, too.



You can view the video, "Pack it Up," based on "Go, Slow, and Whoa" here: http://www.extension.org/pages/Instructional_Videos.

Lindsay says that you know something is a success when you have the kids singing it and then going home and asking Mom, "Where's my 'Go' food?" when they get their snack or lunchbox.

Pack it up, *indeed*.

