

# We Can!<sup>TM</sup> Fit In Daily Physical Activity

Type of Activity	What day of the week	What time of the day	Who will participate	Other notes	Did we do it?
Example 1: Walking the dog	Every day	7 AM and 5 PM	Mom and Sally Dad and John	At least 15–20 minutes!	Yes! Sally and John switched on Wednesday.
Example 2: Frisbee <sup>TM</sup>	Sunday	3 PM	Everyone	River View Park	Yes—we played for 2 hours each Sunday this month.
Example 3: Get off the school bus one stop early	Monday–Friday	2:30 PM	Sally and John	Be careful crossing Main Street.	Yes, except for Friday when we were tired.
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**We Can!** is an effort of the the National Heart, Lung, and Blood Institute (NHLBI) in collaboration with the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development (NICHD) and the National Cancer Institute (NCI).

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To learn more about **We Can!** Pittsburgh, visit  
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