



We Can! Pittsburgh

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As part of the We Can! Pittsburgh initiative, the Children's Museum of Pittsburgh will be hosting the Great American Backyard Campout this Sunday, July 12, from 12-4 P.M. This outdoor festival is free to all of those that are interested and will include activities, such as teepee building, tug of war competitions, sack races and healthy campfire snacks.

The [We Can!](#) program is a science-rooted, national education program developed by the National Institutes of Health and the United States Department of Health and Human Services. Its purpose is to promote "ways to enhance children's activity and nutrition." The initiative targets 8-13 year olds and 3 specific behaviors including, improved food choices, reduced screen time and increased physical activity.



Photo: Flickr/Marktrash

In the fall of 2007, Pittsburgh was designated as a We Can! city by the National Institutes of Health. Local companies organizations and agencies, such as the City of Pittsburgh, UPMC Health Plan, Children's Hospital, Children's Comm Pediatrics, the Children Museum of Pittsburgh and the H.J Heinz Company have teamed up to create innovative resources for parents and children in Western Pennsylvania to help achieve and maintain healthy lifestyles. Various tips, tricks and resources can be found [here](#), including an activity log, meal planner and grocery list template.

For more information on We Can! Pittsburgh, visit UPMC Health Plan's [website](#). If you are looking for additional details about this weekend's campout, check out the event listing [here](#).

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