



## About CanDo

CanDo – the Coalition for Activity & Nutrition to Defeat Obesity – is a community-wide task force who works to improve the health of our community by increasing physical activity and healthy eating to reduce and prevent obesity. CanDo is the coordinating agency for the LiveWell initiatives in Fort Collins and Loveland.

### CanDo's Vision

The vision of CanDo is that Fort Collins and Loveland become model 21st century communities in which healthy lifestyles are valued and practiced by citizens, and opportunities for physical activity and healthy eating are created and supported by local government, worksites, schools, and the health care community.

### CanDo's Mission

The mission of CanDo is to improve the health of the community by increasing physical activity and healthy eating to reduce and prevent obesity.

### CanDo's Goals

- 1) Reduce the prevalence of overweight and obesity
- 2) Increase the percent of citizens who engage in regular physical activity
- 3) Increase the percent of citizens who practice healthy eating habits
- 4) Create environments and policies that support healthy eating, active living, and healthy weights

### CanDo's Target Community

CanDo serves the Fort Collins and Loveland communities.

### Contact Information

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## About LiveWell Colorado

LiveWell Colorado is a statewide initiative aimed at reducing overweight and obesity rates and related chronic diseases in Colorado. LiveWell Colorado works with community initiatives, such as LiveWell Fort Collins and LiveWell Loveland, to promote equal opportunities for healthy eating and active living through policies, programs and environmental changes. Sponsored by The Colorado Health Foundation, the Colorado Physical Activity and Nutrition (COPAN) Program at the Colorado Department of Public Health and Environment and Kaiser Permanente, LiveWell Colorado coordinates efforts to encourage improved physical activity and nutrition throughout Colorado. For more information, visit [www.livewellcolorado.com](http://www.livewellcolorado.com)