



Bright Horizons Family Solutions is committed to helping children develop positive attitudes toward physical activity, nutrition, and healthy living. Our policies, curriculum, and parent partnerships help children develop a positive self-image, make healthy nutrition choices and show respect for their bodies – habits that will last a lifetime.

- **Well Aware & Movement Matters Curriculum.** Movement Matters helps children understand their bodies and encourages them to enjoy having their bodies in motion. *Well Aware* involves creating environments, providing activities, establishing family partnerships, modeling behavior, and promoting healthy values so children incorporate healthful habits into their daily routines. *Well Aware* is more than a fitness and wellness program. It is an approach to life.
- **Family-Style Dining.** According to a study by the University of Illinois, sitting around a table together at mealtime, passing bowls and encouraging children to serve themselves, helps kids hone their developmental and cognitive skills. Family-style dining is part of the overall Bright Horizons curriculum, and in addition to helping children develop fine motor skills, it also enables reciprocal/reflective conversation engagement, self-regulation, sharing and palate development.
- **Partnering with The Partnership for a Healthier America (PHA).** In continuing its commitment to prevent childhood obesity, Bright Horizons partners with The Partnership for a Healthier America (PHA) and serves as an open model for child care centers nationwide. In agreement with PHA, Bright Horizons focuses on nutrition and physical activity by ensuring fruits and vegetables are served with every meal, continuing to provide a minimum of 1-2 hours of physical activity per day, limiting screen time, and not serving sugar-sweetened beverages or fried foods.
- **Helpful Family Resources.** *Designed to move: A Physical Activity Action Agenda*, sponsored by NIKE, tells us that children of this generation may live five years less than their parents because of inactivity. Although a sad and troubling thought, this is a fixable problem. Through the Online community, Family Room Blog, eFamily News articles and multitude of social channels including Twitter, Facebook, Pinterest, YouTube and Instagram, Bright Horizons provides parents with content that helps them teach their children about the importance of fitness, nutritious eating and living an active lifestyle.



