

### **Childcare Learning Centers Healthy Bodies Program**

Childcare Learning Centers Healthy Bodies Program in Stamford serves more than 1,000 preschool children at their six locations. The Healthy Bodies program, modeled after the “I’m Moving, I’m Learning”, acknowledged as a best practice in First Lady Michelle Obama’s Let’s Move campaign, offers daily physical activities and nutritionally balanced meals and snacks. In addition, twice per year, BMI data is collected. For those children identified as overweight, nutrition department staff will schedule a meeting with the family to discuss nutrition plans and will recheck children’s height/weight to observe their progress.

During the school day, children are offered age-appropriate physical activities in 30 and 60 minutes of structured play and 60 minutes of unstructured play. Children and their families (and CLC staff) can enjoy various physical activities that include yoga, Zumba, line dancing, international dance and Ladybug Melodies (music and movement) during the school days and evenings. To ensure parent participation, babysitting is provided.

To support healthy eating habits, CLC provides nutrition education by hosting a farmers’ market, talks with the nutritionist, and holds healthy cooking demonstrations. They also conduct supermarket tours with a registered dietician to teach parents how to read nutrition labels and choose healthy alternatives.