



Bright Bodies

Behavior Exercise Nutrition

An Evidence-Based Healthy Lifestyle Program for Families

Bright Bodies uses a healthy lifestyle and family approach to weight management for youth

Meets two evenings/week for 10 weeks:

Tuesday–virtual (6–6:45 pm)

Thursday–**Mary Murphy Elementary School**
(5:45–7:15 pm younger group;
6–7:30 pm older group)

- 1 nutrition/behavior modification class and 2 physical activity classes per week
- Caregivers welcome at nutrition classes



To qualify, child must:

- Be 7 to 16 years old
- Have a BMI over the 85th percentile
- Have a caregiver able to attend the program with them
- Have an electronic device for Tuesdays

Cost:

Affordable sliding scale \$0–\$200 for program



**This pilot program begins
January 26**

Learn skills to promote healthy lifestyles for your whole family

- Nutrition education
- Physical activity
- Behavior change

For more information, visit
www.brightbodies.org

To enroll:

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