

US 'fat camp' coming to Queensland

Shannon Molloy | November 30, 2007

An American-style "fat camp" for overweight and obese teenagers will begin operating in central Queensland next month, running two- and four-week intensive weight loss programs.

On December 30, Wellspring Camps will open the doors to its operation in Rockhampton, catering for teenagers between 12 and 18 years of age.

Wellspring Camps operates 10 other weight loss programs for teenagers in the United States and England, and claims to be able to help overweight and obese campers lose around 2kg per week.

The camp was featured earlier this year on the Network Ten reality television series *Teen Fit Camp*, which followed the journey of six Australian teenagers struggling with obesity.

Participants were flown to California and enrolled in Wellspring's program.

After the program was aired here, camp organisers said they were flooded with inquiries from Australian parents, the company's local program director, Todd Duncan, said.

"After *Teen Fit Camp* aired, we had a number of Australian families enrol their children in Wellspring's program in Hawaii in July and August," Mr Duncan said.

With nearly one in four Australian children and teenagers overweight or obese, the company saw a market to launch its camp down under.

Camps address a combination of factors that lead to weight gain, using an adventure-based activity program to get participants active.

Over two and four weeks, campers are involved in surfing, caving, hiking and other physical tasks.

Teens are also educated on nutrition and introduced to healthy eating and exercise habits.

The camp claims evaluation studies indicated campers lost an average of 2kg while enrolled.