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## **UCLAN WILL RUN FAT CAMP**

### **A CHILDREN'S 'fat camp' is to open at the University of Central Lancashire's campus in Penrith.**

The American-style Teen Weight Loss Camp, run by US company Wellspring Camps, will offer diet and activity management for youngsters battling to reduce their weight.

The first 30 students will arrive on July 9 from across Europe and America.

Children aged between 11 and 15 will live in a yurt village – made up of traditional Mongolian-style shelters – for eight weeks and take part in daily exercise and activity adventures in the Lake District.

Ian Carter, programme director at Wellspring UK, said: "We're running the camps all through the summer and our main aim is to get the students out and taking part in activities such as rock climbing, hiking and abseiling.

"Most children will lose about four pounds a week during the course and it's been proven that weight loss will continue for a long time after the camp."

Sending your child to 'fat camp' does not come cheap. Four weeks will set you back £2,900 and eight weeks costs just over £5,000.

Mr Carter said that the Penrith campus was the ideal choice for the camp as it had great access to the outdoors and because UCLan is very committed to tackling obesity.

He said: "We're going to be taking on about eight UCLan students to work at the camps. It's a long-term prospect of employment as we're hoping the camps will be a success and be here for years to come."

Wellspring UK director Sweeney Whitmore said: "Obesity and excess weight are the most serious health issues facing British children. Up until now treatment options for overweight children and teens have been limited and rarely effective."