

The Cumberland News

UK REGIONAL NEWSPAPER OF THE YEAR

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THE UK's first American-style fat camp for kids is to be opened at Penrith this summer.

Overweight youngsters aged 12 to 17 years-old will be treated at the summer camp based at the town's University of Central Lancashire campus.

They will be put on a strict diet and taken on adventure activities in the Lake District National Park, including rock climbing, ghyll scrambling, abseiling, canoeing and backpacking.

The camp will be run by American firm Wellspring, which has already had huge success with similar camps in the US.

Research has shown that outdoor adventure activities can produce successful long-term weight control.