



HEADLINES

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Families get in shape while having fun

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By: Conan Gasque

PINEHURST, N.C. -- Running relay races is one way families get in shape at the Wellspring Family Camp being held at Pinehurst Resort this summer.

For kids like Chris and Blake Chaput, the camp isn't just about fitness education, it's also fun.

"I like the treadmill because it was really fun," said 8-year-old Blake.

"And I didn't even notice that I was working out, but I really was."



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The [Wellspring Family Camps](#) are designed to help families make healthier lifestyle choices. Organizers say there are three points of emphasis during the camp: a low fat diet, plenty of exercise and self monitoring.

Counselors encourage campers to keep a journal to monitor the number of steps they take each day, and the number of fat grams they eat each day.

Officials say getting the entire family involved makes it more likely campers will keep the healthy habits after the camp is over.

"We get everybody as a group; we start to say, 'let's prepare you from day one at wellspring to go home and implement the program once you get back to wherever you come from,'" said Martha Laugen, an event leader.

Carole Chaput – Chris and Blake's mother – is confident it will be effective.

"It's something that we feel like we can all do as a team, achieve these lifestyle goals of good health," she said.

The camps run until August 16. Families can sign up for week-long sessions.

WATCH THE VIDEO



Family Camp

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