



GET FIT THIS SUMMER

The most fun and effective summer camps for weight loss...

New research from top universities shows that overweight children are likely to become more and more overweight, and that overweight teens are 17 times more likely than their peers to become obese adults.

In addition, overweight teenagers often face social and psychological challenges that can have permanent effects. The health risks associated with being overweight are well documented and include cardiovascular, orthopedic, gastrointestinal, respiratory, hormonal, neurological, and metabolic diseases such as diabetes.

Solutions

Many children and young adults in the U.S. attend weight loss camps over the summer. The goal of these programs is simple: lose weight while having fun. Most campers report weight loss resulting from a healthier diet, smaller portion sizes, increased activity and having a positive experience at the program.

However, what differentiates quality weight loss camps from less effective weight loss camps is not only the facilities, food and staff, but whether the camp experience leads to long-term behavioral change. When a child is in a controlled environment for even a month or two, short-term weight loss is the easy part. Without true long-term change, the weight will come right back in the fall.

Wellspring Camp is a fine example of an effective weight loss program because it is centered around changing behavior over the long term. Sports, activities and diet are all part of their overall clinical design to teach new behaviors and habits. Cognitive-behavioral therapy is the core element of their clinical program. The program in-

volves the families towards the end of the camp to teach them ways to change the environment the camper will return to.

According to Ryan Craig, the President of Healthy Living Academies and Wellspring Camps, there are four core elements that contribute to the success of their program.

Four Core Elements of the Wellspring Program

- **Comprehensive Diet and Activity Management programs** to ensure rapid weight loss while at camp. Intensive training on the set of behaviors that promote successful long-term weight control.
- **Cognitive-behavior therapy** 4 times per week with a "Behavior Coach" (trained therapist) to overcome emotional barriers to success. This includes decisional counseling, rational emotive therapy, positive focusing, relapse prevention, frustration tolerance and stress management training.
- **Family Workshops** where Wellspring behavioral coaches help families develop

transition plans from camp to home.

- **Required three-month After-Care program** where campers continue self-monitoring online, monitored by and in communication with their behavior coach from camp.

Fun Activities

At Wellspring, campers are going to be very active and have more fun than they could think possible. Some of the activities include: yoga, pilates, kickboxing, water aerobics, karaoke, floor hockey, hiking, softball, swimming, tennis, soccer and volleyball.

Nutrition

Wellspring’s comprehensive nutrition program is hands-on and teaches campers whatever he/she needs to know to main-

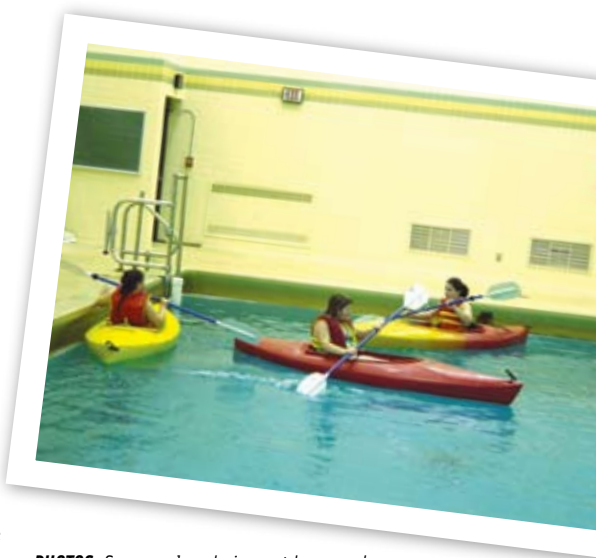
tain successful long-term weight control. Campers lose significant amounts from the very low-fat, low-calorie, high protein, high fiber menu.

Family

Families are involved in Wellspring Camps every step of the way. They believe that families who understand how best to support their young weight controllers at home will see the most dramatic changes in the long run.

After-Care Program

Wellspring is unique among weight loss camps in requiring campers to continue working with their clinical therapist after returning home. They are required to journal, set goals and participate in weigh-ins. This contributes to the program’s success. ■



PHOTOS: Campers love being outdoors and become more active through a range of exhilarating fun activities.

It isn't always about the game.

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