



It's still you...just **HEALTHIER**

2009-10
Family Handbook

Welcome to the 2009-10 Camp NEW You Program!

Congratulations! You have been chosen to participate in the year-long Camp NEW You (CNY) Program! We are excited that you have elected to join us for this unique experience. Our goal is to assist you in identifying and practicing healthy lifestyle habits that will result in a healthier you!

Welcome Campers!

Throughout the CNY Program, you will have the opportunity to work with experts in the field of nutrition, health and physical activity. You will have opportunities to participate in a wide range of physical activities – some that you may have never tried before. Our goal is for you to find physical activities that you think are fun, and that you will continue to participate in long after Camp is over. You will learn more about good nutrition, and the importance of making healthier food choices. You can put all you've learned about good nutrition to work at mealtimes and snack times, and you will even be preparing a healthy meal for your parents when they return for the weekend! The best part is you will have your own personal lifestyle coach rooting you on as you adopt a healthier way of life.

Of course, Camp won't be all work and no play. There will be many enrichment activities during summer camp such as bowling, art, miniature golf, crafts, theatre, swimming, boating, and a field trip to Pittsburgh. During the follow-up weekends, you will be traveling to some of our WV State Parks and will continue to experience new physical activities and educational activities. Not only will you be learning the skills to adopt a healthier lifestyle but you will also make lifelong memories and friends while doing it! Be prepared for FUN!

Welcome Parents!

Your participation in the CNY Program is essential! As your child begins to adopt a healthier lifestyle, it is important that the family environment supports these changes. In your visits to Camp NEW You, you will also have the opportunity to work with experts in nutrition and physical activity in order to learn how to better support these positive changes in your child. As a part of your child's participation in camp, you or a chosen family representative will be required to attend sessions during summer camp as well as all three follow-up weekends (*see Camp Schedule for dates and times*).

Please take the time to read through the following guide. In it you will find answers regarding many of the questions you may have as you prepare to be a part of the 2009-10 Camp NEW You Program.

We are looking forward to working with you and your family on this journey to a healthier life.

Sincerely,
The Camp NEW You Staff

Table of Contents

Welcome.....	2
Table of Contents.....	3
The Camp NEW You Program.....	4
Program Description	
CNY Goals	
Educational Curriculum	
Lifestyle Coaching	
CNY Research, Child Health Screening, and Program Evaluation	
Summer Camp	
Weekend Follow-up Sessions	
CNY Funders and Supporters	
Meet the CNY Leadership Team.....	7
CNY Advisory Board	
CNY Staff	
CNY Summer Camp 2009.....	10
What Campers Can Expect.....	10
First Day of Camp	
Other Summer Camp Days	
Daily Schedule	
What Parents Can Expect.....	12
First Day of Camp	
Additional Visits at CNY Summer Session	
Communicating with Your Child while at Camp	
Camp Policies & Procedures.....	13
Special Needs	
Medication	
Transportation/Field Trips	
Behavior	
Medical Care	
Camper Camp Rules	
Packing for CNY Summer Camp.....	15
Directions to WVU Evansdale Residential Complex (Brooke Towers).....	17
Appendix A: CNY Educational Content Objectives.....	18
Appendix B: CNY Board of Advisors.....	19
Appendix C: Funders and Supporters.....	20



The Camp NEW You (CNY) Program

www.campnewyou.org

Program Description

Camp NEW You is an innovative program designed to help youth, ages 11- 14, and their parents identify and practice lifestyle changes that will assist in reducing unhealthy body weight through increased physical activity and good nutrition. The camp program focuses on behavior change through enhanced self-efficacy, development of behavior skills, goal setting and decision making. The Program emphasizes the importance of parent participation in helping to create home environments that provide regular opportunities for healthy eating and physical activity. This structured 12-month program includes a two week residency camp and three follow-up weekends throughout the year.

CNY Goals

Camp NEW You focuses on the two most important behaviors that can improve your health and help you with weight management: physical activity and nutrition.

Physical Activity

There is no perfect form of physical activity. Every individual will have varying levels of ability and preferences for physical activity. Our goal with camp is for campers and parents to understand the importance of physical activity, become more aware of recommended levels of physical activity, identify forms of physical activity that meet their ability and preferences and learn ways to incorporate these activities into their daily life.

During the Summer Camp experience, Camp NEW You will:

- Provide campers with at least 90 minutes of structured physical activity daily
- Expose campers to new physical activities that they might continue to participate in at home and after program completion
- Help build confidence in physical activity participation by teaching the basic skills needed for successful participation
- Give children choices that will meet the needs of all children and will lead to positive experiences

Nutrition

Just like with physical activity, there is not one diet prescription that works for everyone. Individuals require different calorie levels and have varying food preferences. Our goal with campers and parents is to help them to understand the factors that influence health and weight in regards to nutrition, identify practices that can help them make healthier choices and determine methods incorporating healthier choices into their daily life, no matter what type of lifestyle or preferences they have.

During the Summer Camp experience, Camp NEW You will:

- Provide educational sessions and nutritional tips throughout the day

- Expose campers to application activities, such as grocery shopping, food preparation, and healthy meal planning
- Provide nutrition coaching during mealtime and snacks

Educational Curriculum

The educational curriculum for both campers and parents that is used in the CNY Program is taken from expert-developed content on physical activity, nutrition, and weight management. The campers will be using a web-based instructional module, *Take Charge! Be Healthy!* (www.takechargebehealthy.org) each day and can continue to use the module after returning home (see *Take Charge! content objectives in Appendix A*). In addition to content specific objectives, users of the module will:

- Set at least two personal goals each day to improve physical activity or diet intake
- Complete electronic daily logs on diet intake of fruits, vegetables, and drinks, and physical activity participation
- Identify environmental influences (home, school, community) on food choice and formulate a plan to hypothetically make changes.
- Evaluate media influences on healthy behaviors

The nutrition objectives will be reinforced throughout the day at mealtime, and during “Nutrition Tips and Snack” sessions. The physical activity objectives will be reinforced during the physical activity sessions each day. Parent sessions will focus on your role in providing a healthy home environment and will provide you with content knowledge and skills in supporting healthy food choices and portions and individual and family physical activities. A variety of techniques and strategies are shared with families such as goal setting, mealtime planning, grocery shopping, providing physical activity opportunities, seeking helpful resources, and more.

Lifestyle Coaching

Lifestyle coaching will provide ongoing support throughout the year for children and parents in making health-enhancing lifestyle changes. Lifestyle coaching will be individualized and based on each family’s needs. A variety of communication strategies will be used including phone calls, texting, e-mails, etc. Each family will be assigned a specific Camp NEW you Lifestyle Coach at the conclusion of the Summer Camp.

CNY Research, Child Health Screening, and Program Evaluation

It is important to the sustainability of the program that we are able to demonstrate program effectiveness. In order to demonstrate such results, we ask you, the parents and campers, to agree to participate in our program evaluation process by signing an informed consent (parents) and assent (campers) - this will be made available to you the first day of camp. As part of our evaluation measures, we will ask you to complete questionnaires and other forms of data collection from time to time. These data collection instruments will help us assess your knowledge, attitudes, and behaviors related to the focus of this Program.

In addition, the campers will have a health screening that includes BMI at the beginning and end of the residency camp and at each of the follow-up weekends (4 times in all), and a health screening that includes a lipid profile (blood draw by a trained phlebotomist) at the beginning of the residency camp, and at the end of the program in June 2010. More information will be made available to you on the first day of camp when you will be asked to sign the consent forms.

Summer Camp

The unique summer residency camp will begin on **Sunday, July 19**, and will conclude on **Saturday, August 1**. The summer camp includes a variety of educational sessions for children and parents, developmentally appropriate physical activities, small group counseling, enrichment activities, social events, and more. Details of the summer camp program are provided on the following pages.

Weekend Follow-Up Sessions

In order to continue support for healthy lifestyle changes, both campers and at least one parent is required to attend three weekend sessions throughout the year. Further information on these sessions will be distributed as it is available. Rooms as well as meals for these sessions are included in the total cost of camp. Parents are required to attend these weekend sessions and are responsible for transportation to these locations.

Camp New You Follow-up Weekends

Fall Session/ Location TBA
(Friday, October 2 – Sunday, October 4)

Winter Session/ Pipestem State Park
(Friday, February 6 – Sunday, February 8)

Spring Session/ West Virginia University
(Friday, June 11 – Sunday, June 13)

CNY Funders and Supporters

We are very fortunate to have many supporters of the CNY Program that have made this experience possible for you. Many of you were fortunate to have your health insurance provider cover the camp cost so that you may participate. Others of you received scholarships. Additionally, there are many organizations, groups, and individuals who provide monetary or in-kind support to make CNY a reality. Please see a list of supporters and funders in APPENDIX C.



Meet the CNY Leadership Team

Unique features of the Camp NEW You Program include our interdisciplinary advisory board and the highly qualified and experienced camp staff.

CNY Advisory Board

The CNY Advisory Board is made up of professionals in a variety of fields, including healthcare, exercise, nutrition, psychology, education, technology, and marketing. To see a complete list of the Advisory Board, see APPENDIX B.

As representatives of the Board, Sean Bulger, EdD, and Eloise Elliott, PhD, serve as Co-Managers of the CNY Program. Sean is an assistant professor in the College of Physical Activity and Sports Science at WVU, and Eloise is a professor in the Department of Human Performance at Concord University, and a clinical professor – Pediatrics in the School of Medicine, WVU. Contact information for both Sean and Eloise can be found in APPENDIX B. Please feel free to contact us at any time with any questions or concerns.

CNY Staff

Camp NEW You is staffed by a dynamic group of professionals whose expertise will help ensure your success at achieving a healthier lifestyle. Learn more about our six staff members!

Camp Co-Directors

Eric Murphy, MA, MS

Eric Murphy is currently a Mental Health Counselor at the CARE Center in Pennsylvania, a statewide mental health facility that specializes in a variety of areas including both family counseling and marriage counseling. Eric obtained a Bachelor's from Fairmont State University in 1993. He then earned his first Master's degree in Community Health Promotion and Wellness from WVU in 1996. Before going back to school to become a counselor, Eric was a Recreation Therapist, an Executive with the Boy Scouts of America, and Assistant Director of the Police Athletic League for the state of Ohio. In 2005, Eric received his second Master's degree in Counseling from WVU. Eric enjoys a variety of physical activities, but his true passion from a young age has been wrestling. In most other activities, Eric is "all talk", he will challenge anyone to a competition, but rarely does he prevail, especially on the tennis court. Eric's personal interest include spending time with his family (he has a daughter that will be 5 this summer and a 1-year old son), downloading music from itunes, watching horror movies, and working in the yard.

Justine Vosloo, MS

Justine is originally from Johannesburg, South Africa and is currently a 5th year doctoral student in Sport and Exercise Psychology and a Masters student in Counseling at WVU. Justine obtained a B.S. in Kinesiology, Exercise Science at Southeastern Louisiana University and played NCAA Division I college tennis. In 2007, Justine received her Master's degree in Sport and Exercise Psychology from WVU. She thoroughly enjoys teaching tennis and other racquet sports to kids. She's also addicted to playing Dance Dance Revolution (DDR), and loves challenging others to a few songs and now Wii sports. Her personal interests include sports, playing guitar, working out, hiking, watching TV, listening to music, cooking and spending time with friends.



Lifestyle Coaches

Sherrie Garner, MA

Sherrie is a native of West Virginia, raised in New Cumberland located in Hancock County. Sherrie moved to Morgantown as a college student where she earned a Bachelor of Science



Degree in Physical Education and a Master of Arts in Counseling from West Virginia University. Today she works as a school counselor in Marion County. Her interests include being a WVU and Pittsburgh Steelers football fan. She enjoys keeping an active schedule of working out and spending time with family and friends. Sherrie's personal story will have a positive impact on families who wish to adopt a healthier lifestyle through many levels of personal

growth. She struggled with being overweight and obese since her teenage years and at age thirty-six decided to combat her obesity and begin her pursuit to live and maintain a healthy weight. By following a healthy eating plan and beginning a life of daily physical activity, Sherrie's success story continues as she maintains her 150 pound weight loss!

Liz Gilchrist, MA

Liz spent most of her childhood and adolescence in Blacksburg, Virginia, home of the Hokies. Liz earned a BA in Human Services from Virginia Tech in 2004, and after working in advertising for two years, returned to school to pursue her goal of becoming a counselor. Recently, she graduated from West Virginia University with an MA in Counseling. Liz has always enjoyed working with people and strives to be supportive and an advocate for positivity in the lives of others. She has experience in many human



service settings including childcare, family therapy, school counseling and community mental health. She loves hiking, running and spending time with those she loves, especially her husband John, and golden retriever, Crosby. Liz is thrilled to have the opportunity to work with families and staff, and knows that Camp NEW You will be an inspiring experience for everyone!

Jessica Peacock, MS



Jessica is a recent newlywed, having just been married in June 2009. She holds a MS degree in Sport and Exercise Psychology from WVU, and is currently a doctoral student in the Sport and Exercise Psychology program at WVU. She is also concurrently working on a master's degree in community counseling. Jessica knows first-hand what it is like to make a major lifestyle change, as she was once an overweight and inactive young person. Now, Jessica enjoys competitive running, having completed a marathon and several half-marathons and 10K's, taking her two dogs for long walks and hikes, and teaching others about the benefits and joys of physical activity that she has experienced. In addition to working out, Jessica loves music, reading, and cooking with her new husband.

Michele (Shelly) Pruett , MS, ATC

Shelly is the clinical coordinator for the undergraduate athletic training program at West Virginia University. She has been a certified athletic trainer for 16 years. Shelly is finishing her doctorate in exercise science and health promotion from Middle Tennessee State University in Murfreesboro, Tennessee, with a status of ABD (all but dissertation). She has just a little more data collection to finish up! Shelly enjoys the outdoors and many sports. She is a Red Cross Professional Rescuer and a lifeguard, and has also taught yoga and participates in martial arts. Last but not least...Shelly and her husband are expecting a baby boy in October! !!





Summer Camp 2009

Wow! Summer Camp is almost here! We are looking forward to a fun-filled two weeks on the campus of West Virginia University, beginning July 19 through August 1, 2009! Families should follow the Day 1 schedule below. Registration will include updating contact information, consulting with a physician, having a family photo taken, signing consent forms and other necessary documents, receiving nametags, Camp programs, t-shirts, etc., meeting Camp Staff, meeting your roommate, and organizing camper's room for the two week stay. Please BE ON TIME for registration. As you can see, there is a lot to do! When you arrive in Morgantown, follow the directions to the Evansdale Residential Complex – campers will be staying at Brooke Towers. Driving directions are located on page 17 and a campus map can be found at www.wvu.edu/campusmap. You can park in Lot 74 (by the Facilities Management trailer and the PRT tracks). Registration will take place by the Brooke Main Desk – just look for our camp staff and signs. You can also pick up a parking permit there when you register.

July 19: First Day of Summer Camp

12:00 – 2:00 pm	Registration – Brooke Tower Main Desk area
2:00 – 3:00 pm	Camp Orientation – Gold Room
3:00 – 3:15 pm	Snack and Break
3:00 – 4:30 pm	Break-out Sessions for Parents and Campers
4:30 pm	Parents Depart

What Campers Can Expect at CNY Summer Camp

What Will We Do the First Day?

You will arrive at camp around noon on Sunday and will register for Camp. You will need to complete some paperwork as you get registered into camp. After that we will play some games so you can get to know the other campers. You will go through an orientation which will answer a lot of your questions about camp and then we'll have a snack. After the snack your parents will attend an educational session while you split off with the other campers and the Camp Staff. After your parents leave about 4:30 pm, you will get to take a walking tour of the WVU campus, have dinner, and then have a fun team-building night with the camp staff and your new friends before going to bed.

What Will We Do on the Other Days?

Everyday will offer a variety of physical activities, some individual and some group activities. You will also be learning about nutrition and physical activity through interactive activities and through the web-based Take Charge! Be Healthy! module. You will have time to visit with friends and choose activities that you like to do. Every night will offer fun activities to choose from. Look at the daily schedule on Page 11 for a more detailed description of a typical day at camp.

Where Will We Stay?

You will be staying in Brooke Tower, a residence hall located on the Evansdale Campus at WVU. Each camper will have one roommate. All rooms are air-conditioned and carpeted, with laundry rooms, community bathrooms, and lounges on each floor. Most of you will be paired up with a roommate. Boys and girls will be assigned to separate floors. You will need to bring your own bedding and towels. Pillows are provided but you are welcome to bring your own if you would like – might no be a bad idea to bring extra blankets.

Where Will We Be Eating?

You will be eating in the Braxton Towers cafeteria. During the summer, Cafe Evansdale provides dining for numerous conferences. Many of the conferences are young sports camps, so the menus that are "kid friendly". The cafeteria features cereal, a large choice of beverages and a fruit or salad bar for every meal. Two to three entrees and choices of side dishes are set up on 1 to 5 lines (depending on the number of campers). There will be many healthy items to choose from.

Camp NEW You is about making better choices and lifestyle change. We hope that you will try to make healthy choices based on what you learn from camp nutrition classes. The Camp Staff will be there to help! We would prefer that you not bring any additional food from home as you will be provided with an ample amount of food through camp programming.

Typical Daily Schedule

8:00	Breakfast
8:45	Group Meeting
9:00	Individual Physical Activity (Yoga, Martial Arts, Zumba, Cardio, Wall Climbing, etc)
10:45	Take Charge! Educational lessons
12:00	Lunch
1:00	Group Physical Activity
3:00	Nutrition Tip and Snack Time
4:00	Chat Groups
4:45	Computer Time/Break
6:00	Dinner
7:15	Fun/Enrichment Activities (Bowling, Billiards, Movies, Crafts, Miniature Golf)
9:30	Quiet Time
10:30	Lights Out



What Parents Can Expect at CNY Summer Camp

What Will We Do the First Day?

As noted above, you will help your child with registration and settling into his/her room from 12:00 to 2:00 pm on Sunday, July 19th. At the Camp Orientation, you will have an opportunity to ask questions that have not been answered, get to know Camp Staff, Managers, and Advisory Board members, and meet other parents and campers. There will also be a breakout educational session before you depart at 4:30 pm.

What are my expectations for the remainder of the Summer Camp?

Family support is critical when making a lifestyle change. It is for this reason that Camp NEW you offer parents an opportunity to participate in camp. Please mark the following dates on your calendars. If you have a conflict please identify a family member that can attend these sessions (*a maximum of 2 family members per child*). Just as with the first day of camp, you will register at the Brooke Tower Main Desk. Parking will be in lot 74 and permits will be available at the registration desk. Lodging and food is available for parents at no additional charge for July 25th and July 31. We will ask you on check-in to let us know if you will need lodging during those days. The rooms are in the dorm where your child will be staying, and all towels and bedding will be provided for the parent rooms.

Required Parent Sessions Camp New You, July 2009
First Day of Camp July 19 (12:00-4:30)
End of First Week (Overnight Stay Optional) July 25/ Arrive by 12:30 pm July 26/ Leave at 2:45 pm
Last Day of Camp (Overnight Stay Optional) July 31 /Arrive by 9:00 pm (if staying the night) August 1/Arrive by 9:00am – Leave at 1:00 pm

How should I communicate with my child while he/she is away at CNY?

In the event that you would need to get in contact with camp staff or your child, please use the contact information below.

Address: Brooke Towers, Evansdale Drive, Morgantown, WV 26506

Phone: Brooke Towers Main Desk (304) 293-2814

Camp Directors' Cell Phones: Eric Murphy (304) 276-2761
Justine Vosloo (304) 906-7426

Care Packages

If you need to send your child anything during camp, please send to the address above. We strongly discourage bringing food to camp so please refrain from sending food items in care packages as well.

Email

Your child will have daily access to a computer so feel free to send emails.

Phone

If your child has a cell phone they will be permitted to bring that to camp, however, they will not be permitted to carry it with them during the day. If you need to contact your child during the day, please use the phone number above.

Visits

Campers will have a very busy schedule throughout the two weeks. We understand the difficulty associated with being away from your child for extended periods of time, however, we do discourage visits other than those weekend visits specified in the camp schedule. If you would like to visit your child, please make arrangements with the Camp Directors prior to your visit.

Are there other things I should consider?

Laundry is always an issue when children are staying away from home for two weeks. If you could make arrangements to bring additional clothes or wash clothes while you are at CNY for the weekend - that would be helpful.

CNY Summer Camp Policies & Procedures

Special Needs

We see you as our partners to ensure that your child enjoys their time at Camp NEW You. Please contact the camp directors if your child has any special needs (dietary, health, behavioral, etc) not addressed on the registration information.

Medication

Please notify the camp physician if your child requires daily prescription medications. These medications will need to be given to the physician at registration, and will be distributed to your child as scheduled by the Camp Staff. Campers will not be permitted to keep any medications, even over the counter medications, with them at any time.

Transportation & Field Trips

Campers will primarily be located on WVU's campus. There are some field trips planned that may involve campers being transported by camp staff or by bus. It is our goal to ensure your child's safety throughout camp. If you have any concerns or questions regarding transportation during camp, please feel free to contact the Camp Staff.

Camper Behavior

It is the goal of Camp NEW You that all campers have a happy and safe experience. Our camp staff uses redirection and positive reinforcement to correct behavior and encourage each child's success. In the event of more serious discipline problems a staff-camper conference or a

parent-staff conference will be held. Immediate expulsion from the camp may occur as a result of a serious offense including but not limited to the following:

- Use or possession of weapons, drugs or drug paraphernalia, alcoholic beverages
- Smoking or possession of cigarettes
- Leaving camp grounds or camp activities without official approval and supervision
- Damaging property
- Inappropriate intimate behavior
- Refusing to participate in camp activities and/or not complying with camp rules and regulations

Medical Care

Prior to camp, Dr. Bill Neal will be reviewing your child's medical history with camp staff so they are aware of any special needs or medical conditions. All camp staff will also be training in general first aid and CPR. In the event of injury or illness requiring more than general first aid, camp staff will notify the on-call camp physician to evaluate your child. To contact the Camp Physician directly, you can call Dr. Neal at (304) 288-0061 (cell).

Campers Camp Rules

- Dress appropriately each day
- Be on time
- Be at every session
- Wear nametag at all times (with room keys attached)
- Leave cell phones and handheld games in your room
- Inform a staff member if problems occur
- Keep your living area neat and tidy
- Be responsible for your belongings
- Respect your roommate's belongings and quiet time
- Make sure a staff member knows where you are at all times

Campers Personal Pledge

At Camp NEW You, I will:

- Have fun!
- Give 100% effort
- Respect myself and others
- Be supportive of others
- Try new things
- Embrace the unknown
- Strive to get the most out of each day



Packing for CNY Summer Camp

Clothes

Each camper should come prepared with enough clothing for at least 1 week. Comfortable clothes are a must. Campers will be participating in physical activities daily and will need to wear appropriate clothing. Campers may want to bring extra clothing to change into after physical activity. There will be swimming opportunities so be sure to bring a swimsuit.

Camp counselors have volunteered to help with the camper's laundry as needed throughout camp. If you would like for your child's laundry to be washed during camp, please make sure to write their name or initials in clothing with a permanent marker to avoid confusion. If you would prefer to do your child's laundry, feel free to bring additional clothes when you come for the weekend visit and collect any laundry at that time.

Shoes

Comfortable, supportive athletic shoes are a must. Campers will be engaging in about 4 hours of physical activity each day. Make sure that the shoes that you bring to camp have been worn before, so that they do not cause blisters, etc. Athletic shoes must be shoes that can be laced and that will stay on your feet for safety reasons. It is best if your child has two pairs of athletic shoes. We will be doing outdoor activities and there may be times when shoes become wet.

Dress Code:

- No clothing should display profane language, bias or offensive messages.
- Please bring shorts of an appropriate length. (No "short" shorts)
- All clothing should cover the torso. No tube tops, midriff shirts, halter or backless tops are permitted.
- If apparel is considered inappropriate by camp staff they will be asked to change.

Hygiene Products

Be sure to pack soap, toothpaste, toothbrush, deodorant, shampoo, sunscreen and other necessities. Campers will be required to take at least one shower per day.

Linens/Towels

A pillow and blanket will be provided for each camper. You will need to bring **extra long** sheets and towels. You may also bring a sleeping bag instead of sheets if you would like.

Equipment

Each child is asked to bring his/her own personal bike helmet to camp.

Personal Items

Camp New You will not be held responsible for any lost or stolen articles. Please ensure your child leaves any items of value at home. If they do choose to bring these items to camp, they should label them clearly with their name (i.e. cameras, ipods, etc) Campers may wish to bring

additional money to camp. We discourage campers from bringing more than \$20 per week as all camp expenses have been included in the total cost.

Food

Campers should not bring any food items to camp with them. Campers will be provided with three well-balanced meals as well as at least 1 snack per day. Campers will be provided with a water bottle to keep with them at all times of camp. Any food brought to camp will be confiscated and returned to families when leaving camp.

“What to Bring” Checklist

Clothing:

- ✓ T-shirts
- ✓ Pairs of Shorts
- ✓ Socks
- ✓ Jeans or Sweatpants
- ✓ Sweatshirt or Jacket
- ✓ Long-Sleeved T-shirt
- ✓ Undergarments
- ✓ PJ's
- ✓ Bathing Suit
- ✓ Poncho/rain gear
- ✓ Sneakers (Extra pair in case of rain)
- ✓ Sandals or Flip flops
- ✓ Visor or Hat
- ✓ Bike Helmet

Linens:

- ✓ Bath Towels
- ✓ Washcloths
- ✓ Beach Towel
- ✓ Extra long twin sheet set
- ✓ Blankets for bed
- ✓ Pillow (optional, one is provided)

Other:

- ✓ Personal hygiene items (toothpaste, shampoo, soap, deodorant, etc.)
- ✓ SUNSCREEN
- ✓ Bug Spray
- ✓ Umbrella (optional)
- ✓ Book or Journal
- ✓ Flashlight
- ✓ Alarm Clock/ Radio (optional)

Other items to pack:

- ✓ A cooperative spirit
- ✓ A willingness to work hard to achieve your goals
- ✓ A willingness to share a room and bathroom with another camper
- ✓ An excitement for each new day
- ✓ Joy to share with all the campers and staff

Driving Directions to WVU – Evansdale Residential Complex

Directions to Evansdale Residential Complex from Interstate 68

1. Exit I-68 at exit 7 (Pierpont Road).
 - I-68 westbound turn right at end of exit ramp.
 - I-68 eastbound turn left at end of exit ramp.
2. After passing through the first traffic light (Exxon on left; shopping center on right) move to left lane.
3. At 2nd traffic light (bottom of hill) turn left on to Rt. 119 South.
4. Stay in right lane and continue through traffic light at the top of the hill (Back Bay Restaurant is on right; Morgantown Municipal Airport is on left).
5. At next traffic light, turn right on to Rt. 705 west.
6. Continue through next four traffic lights moving into left lane.
7. At fifth traffic light turn left on to Van Voohris Road (at intersection just past Hardees on right; BB&T bank on corner).
8. Continue on this road to second traffic light (yellow Copy Center sign on left corner).
9. Turn left at this traffic light on to University Avenue.
10. At next traffic light, turn right on to Evansdale Drive.
11. Drive one block to Bennett, Lyon, Braxton, and Brooke Towers.

Directions to Evansdale Residential Complex from Interstate 79

1. Exit I-79 at exit 155 Star City).
 - I-79 southbound turn left at end of exit ramp .
 - I-79 northbound - follow exit ramp as it curves to the right.
2. Stay in right lane and follow road through the traffic light as it curves to the right by Sheetz convenience store.
3. Cross over the Star City bridge.
4. At the traffic light at the top of the hill by the WVU Coliseum, turn left on to Rt. 705 east.
5. At the second traffic light (just past Kroger grocery store), turn right on to University Avenue.
6. At next traffic light, turn right on to Evansdale Drive.
7. Drive one block to Bennett, Lyon, Braxton, and Brooke Towers.

**If you have any additional questions regarding Camp NEW You, please feel free to call:
Sean Bulger (304-282-6371) or Eloise Elliott (540-392-5554)**

Take Charge Content Objectives

Physical Activity

- Identify health benefits of being physically active.
- Identify new physical activity ideas that have personal interest.
- Identify physical fitness components and their meanings.
- Identify physical activities that contribute to increased fitness in selected components.
- Recall that the national recommendation for the duration of physical activity that teens should participate in daily is 60 minutes.
- Identify activities that are moderate to vigorous in intensity levels.
- Identify characteristics of the different levels of intensity of exercise.
- Associate physical activity and caloric intake as the key factors in maintaining energy balance
- Recognize that personal goal setting is important in helping an individual make changes in lifestyle habits.
- Set at least two personal goals to improve physical activity or diet intake.
- Complete daily logs on physical activity participation.
- Articulate the need for physical activity in maintaining a healthy lifestyle.
- Identify environmental influences (home, school, community) on physical activity opportunities and physical activity participation and formulate a plan to hypothetically make changes.
- Evaluate media influences on healthy behaviors.

Nutrition

- Recognize components of healthy eating.
- Recognize obesity as a consequence of poor nutritional habits.
- Identify key vitamins and minerals and their contributions to good health.
- Demonstrate knowledge of the energy balance principle.
- Identify the USDA MyPyramid as a way to help individuals make good food choices/attain energy balance.
- Identify the components of Nutrition Facts labels that are on packaged foods.
- Demonstrate an ability to accurately read a Nutrition Facts label and calculate label information.
- Distinguish between a portion size and a serving size.
- Demonstrate an understanding of standard serving sizes for foods in various food groups.
- Set at least two personal goals to improve physical activity or diet intake.
- Complete daily logs on diet intake of fruits, vegetables, and drinks.
- Articulate the need for good food choices in maintaining a healthy lifestyle.
- Identify environmental influences (home, school, community) on food choice and formulate a plan to hypothetically make changes.
- Evaluate media influences on healthy behaviors.

Your Health

- Demonstrate an understanding of energy balance and its importance in maintaining a healthy body weight. (questions in PA and nutrition sections)
- Identify puberty, body type, and inherited traits as influences on body weight.
- Identify body mass index (BMI) and how it relates to a healthy body weight.
- Recall that diabetes is a chronic disease that prevents the body from making or properly using insulin.
- Recognize that Type II diabetes can be caused by being overweight.
- Recognize that teens can be diagnosed with either Type I or Type II diabetes.
- Identify risk factors for cardiovascular disease.
- Identify symptoms of a heart attack and immediate action steps.
- Recognize that lifestyle choices affect risks for chronic diseases.
- Recognize the importance of a family health history.
- Recognize environmental influences that affect one's health status.

CNY Board of Advisors

Sean Bulger, Ed.D (CNY Project Manager)
Teacher Education, Fitness Ed. Specialist,
WVU, Coaching and Teaching Studies
Email: Sean.Bulger@mail.wvu.edu
Office Phone: 304-293-0845
Cell Phone: 304-282-6371

Eloise Elliott, PhD (CNY Project Manager)
Professor, Dept. of Human Performance,
Concord University
Email: eelliott@concord.edu
Office Phone: 304-384-5345
Cell Phone: 540-392-5554

Derek Belcher, BS
Technology Interventions Specialist,
CARDIAC Project
Email: belcherds@concord.edu

Elaine Bowen, Ed.D
WVU Extension Service
Specialist - Health Promotion
Email: EPBowen@mail.wvu.edu

Cindy Fitch, PhD, RD
Pediatric Nutritionist, WVU
Email: cfitch@wvu.edu

Shannon Holland, MA
Interventions Coordinator,
CARDIAC Project
Email: sholland@hsc.wvu.edu

Lynn Housner, PhD
Associate Dean, WVU College of Physical
Activity and Sport Sciences
Email: lhousner@mail.wvu.edu

Kristin McCartney, RD
Registered Dietitian, CARDIAC Project
Email: kmccartney@hsc.wvu.edu

Emily Murphy, PhD
Pediatric Exercise Physiologist, WVU
Email: emurphy@hsc.wvu.edu

William Neal, MD
Pediatric Cardiologist, WVU
Email: wneal@hsc.wvu.edu

Vanessa Shannon, PhD
Sport & Exercise Psychology, WVU
Email: Vanessa.Shannon@mail.wvu.edu

Jack Watson, PhD
Licensed Psychologist, WVU
Sports & Exercise Psychology, WVU
Email: Jack.Watson@mail.wvu.edu

CNY Funders and Supporters

- WVU College of Physical Activity and Sport Sciences
- WVU CARDIAC Project / Benedum Foundation
- WVU Davis College of Agriculture Forestry and Consumer Sciences
- WVU Extension Services
- Concord University
- WV Public Employees Insurance Agency (PEIA)
- Mountain State Blue Cross Blue Shield
- WV Children's Health Insurance Program (WVCHIP)
- WVU Health Plan
- Milan Pharmaceuticals Foundation
- WV Bureau for Public Health Office of Healthy Lifestyles
- Kroger
- beBetter Networks
- David Taylor, WVU Rec Center
- Cindy Boggs, Author
- Tim Urbank, Chef of Café Cimino
- Mark Manross, PE Central
- Matt Goulding, Author