



January 27, 2010

Hello Camp NEW You families!

Time is here for another Camp NEW You Family Weekend! We are looking forward to seeing all of you next weekend at Winterplace Ski Resort and Pipestem State Park. As you know from our discussion at Glade Springs and your correspondence with your lifestyle coach, we will be meeting at Winterplace Resort between 3:00 – 3:30 pm on Friday, February 5. Whether you are skiing or tubing or both, we hope that everyone can arrive during this time to get reunited and ready for the big evening! For the ones of you who have chosen to ski, the ski lessons will begin promptly at 4:00, so it will be a tight schedule to get everyone fitted with skiing equipment and ready to go by 4:00. The Snowtubing Only group will have a little more time to get ready. Please understand that we have reserved your spot in skiing, tubing, or both based on your selections at Glade Springs and your discussions with your lifestyle coaches. These cannot be altered **after Tuesday, February 1**. If a change is necessary before that time, please contact Eloise (contact information below). As part of the Camp NEW You Program, costs for both the campers and parents are covered for these events (including Cohort 1). If any other family member is planning to attend and participate, you will be responsible for the associated cost, and will need to contact Eloise by February 1 to be added to the participation list.

Included in the mailing you will find a list of what to bring to ski that has been distributed by Winterplace Ski Resort. PLEASE bring appropriate dress, including layers (underlayers in polypropylene and fleece are best), waterproof pants that will fit over ski boots and allow you to bend easily at the hips and knees, thick socks that won't lump and cause blisters, waterproof gloves or mittens, windproof and waterproof jacket, hat or headband to cover your ears, and sunglasses or goggles for the wind or blowing snow (they do make snow in the evenings there). A helmet is optional but highly recommended.

The activities at Winterplace will conclude at 10:00 pm and we will then head to Pipestem State Park (about 45 minutes away). All rooms are reserved in the parent's name, so you can go directly to the Pipestem Lodge for check-in at the main desk.

On Saturday, we will travel to Concord University in the afternoon for activities there. The University is approximately fifteen minutes from Pipestem. For physical activities in the afternoon, families will again have two choices among various options, including Outdoor Fun Family Challenge, Zumba, Pickleball, Exergaming, and Swimming.

Parents, please remember to bring your CNY Resource Box as well as the Healthy Lifestyles Goal Setting sheet that you were asked by Elaine/Kristin to complete. If you have not signed up for the CNY Group in Facebook and would like to, please do so before the weekend. Campers, make sure you continue to

complete a Physical Activity log and a Diet Diary log in Take Charge! Remember that in order to be eligible for the “grand prizes” at the weekend’s end, you need to have completed these tasks, participate in lifestyle coaching regularly, and participate in focus groups during the weekend. One additional task that we are asking you to do is to make sure you have read the book that you were given in October by Cindy Boggs, *CindySays: You Can Find Health in your Hectic World*.

In addition to the Winterplace document, other information you will find in this mailing includes the weekend schedule, directions to Winterplace and Pipestem, and a school excuse.

All of us at CNY are very excited about the upcoming weekend and seeing all of you again! Please don’t hesitate to talk to your Lifestyle Coach (Eric, Justine, Liz, Shelly, Sherrie, Jessica) if you have any questions about CNY at Pipestem, or you may contact either of us (Eloise or Sean) using the information provided below.

See you February 5th !!

Warm Regards,

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