



Camp NEWsletter

WISHING YOU A HEALTHY & HAPPY HOLIDAY!!

WINTER EDITION

DECEMBER 2010



Congratulations to the Carrico Family: A Camp NEW You Success Story

Ethan's Story

"Camp New You was very important to me. I made many friends that I still keep in touch with. I learned so much that I am still using today to keep active and eat healthy.

My friends and family are so encouraging that after football season, I tried out for basketball (for the first time in three years), and I made the varsity team.

The success has carried over to my academics too. I was one of three kids in eight grade to made a 4.0 this last semester. Once you gain some self-respect and confidence, it has an affect on many facets of your life.

Thank you!"



Ethan Carrico Then...



Ethan Carrico Now

Tammy's Story

"Camp New You was geared for our children to learn how to incorporate healthy lifestyles into their adolescent years. However, it became an eye-opener for me. I didn't want to ask Ethan to change his habits, if I wasn't going to do the same.



Tammy Carrico

So I joined Weight Watchers, and I lost 64 pounds over the course of 18 months. The holiday season is a tough time for me weight wise, but thinking about what I've invested mentally and physically will help me resist overindulging at this time of year.

As for Ethan, during the time he attended camp, he was still very immature. However, now that he is a few years older, the important lessons learned at camp are coming into play for him now.

Thank you!"

Join CNY on Facebook

Facebook is now the official social networking site for CNY.

Ning users should move to Facebook in order to keep up with CNY!



Tell us your Camp NEW You success story!

Find out how, on page 3.

Inside this issue:

Giving the Gift of Good Health	2
CNY Kids: Take Charge and a	2
Fun, Festive, Fruit & Vegetable Snack	3
Health: Is There an App for That?	3
Send your Success Story	3
Camp NEW You at MU	4



Giving the Gift of Good Health

Consider any of these simple gifts to encourage your family to embrace a healthy lifestyle.

- **Snazzy Water bottle.** Look for bottles with a strap or a clip, making them hands-free and more convenient to take on long walks. Check out mysigg.com. They have a large variety of colors and designs sure to appeal to kids and adults.
- **Grow your own Herbs Kit.** Give seeds and pots so recipients can grow herbs, like rosemary or oregano, in the kitchen windowsill. Herbs can be used in place of salt in many dishes — a healthy way to please taste buds. www.herbkits.com offers a large variety of sizes and styles.
- **Fancy Lunch tote.** These thermal bags are really in and a fun reminder of school days. Find a large variety of options at www.coollunchbags.com
- **Pedometer.** The newer ones not only count steps, they also connect to computers and have software to calculate calories burned and estimate fat loss.
- **Inexpensive or Free Cell Phone App:** Many inexpensive cell phone applications are available to help manage diet and physical activity levels. See the article in this newsletter.
- **Walking Shoes or Exercise Clothing:** Having comfortable and appropriate clothing for walking or exercising can often impact whether we get out and get active. Make sure your family has what it needs to stay physically active.
- **Easy Healthy Cooking Gadgets:** Many inexpensive cooking gadgets, like a small vegetable steamer basket or electric steamer, can help make cooking healthy for the family easier. Steaming is an easy and healthy way to prepare vegetables and other foods. www.chefsresource.com
- **Toys:** In an age when children are asking for electronic gifts, we often forget that many toys like balls, jump ropes and hula hoops are fun for the whole family, inexpensive and encourage increased physical activity levels year-round.



CNY Kids: Take Charge and Keep Logging!

Take Charge Be Healthy® Log It is a great way to keep track of your daily physical activity and dietary activity. You can use Log It to help you see areas that need improvement and also use the goal setting feature to help as you strive for a healthy lifestyle.

In 2011, eLearning for Kids, developers of Take Charge Be Healthy®, are preparing to launch LogIt PA. This new program will give users the ability to track their physical activity and set physical activity goals. The new program will also feature more detailed reports and the addition of a mobile

LogIt site will allow users to enter daily physical activity via smart phones with a web connection.





Fun, Festive, Fruit & Vegetable Snack Recipes

With the holiday season comes holiday parties. These events rarely offer a healthy option for conscientious calorie counters.

Offer a solution for yourself and others with these fun and festive, fruit and veggie appetizer ideas featured on www.familyfun.com.

Delicious Decorations

Spread low-fat cream cheese on water crackers, then top each with colorful veggies, such as peas, diced peppers, carrot slices, and broccoli stems.



Pine Tree Fruit Kabobs

Remove the top and cut 1 inch off of the bottom of a large pineapple, then peel it .

On the skewers, thread three to five pieces of assorted fresh fruits.



Starting at the bottom, insert the skewers into the pineapple at a slight angle. Top the tree with skewered slices of star fruit.

Health: Is There an App for That?

Anyone in your family can use their cell phone to manage their health. Many of these apps are free or available at a minimal cost from your phone App Market or Store.

For Android phones:

Cardio Trainer + Racing:

Combines the free CardioTrainer with a racing application that challenges users to beat their own best times. Motivational features include a virtual race simulator, complete with a voice telling the user exactly how far behind or ahead he is. In addition to the racing module, the free CardioTrainer app can be enhanced with a

weight loss module.

Fast Food Calorie Counter:

Whether you're in a hurry or didn't plan your meals well, this app tracks data for almost 9,000 items from 72 fast food restaurants. Data includes calories, fat grams, fiber, carbs and protein. There's also a free version of this app, Fast Food Calorie Counter Lite.

For iPhones:

iFitness: Text and photographic

According to a recent survey from the Pew Internet & American Life Project, 9% of cell phone owner have apps to track and manage health.

instructions for over 260 exercises and video for 100. The app features exercise logging and graphing. It also has 12 routines for various goals; including weight loss, strength, golf program, and more. The app also allows you to create your own custom workout.

Diamedic: Use it to manage diabetes. Record blood sugar levels and insulin doses. Also use it to record and chart

weight. Can even send backup data to an email address.

Want to see your Camp NEW You success story in the Spring Edition of the Camp NEW You NEWSletter? If so, email your story and pictures to Kristin McCartney at kmccartney@hsc.wvu.edu. We look forward to hearing from you!



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

www.campnewyou.org

Camp NEW (Nutrition, Exercise, Weight Management) You is an innovative program designed to help youth and their parents identify and practice lifestyle changes that will assist in reducing unhealthy body weight through increased physical activity, decreased sedentary behavior, and improved nutritional choices. The program focuses on goal setting and decision-making, and emphasizes the importance of family participation in helping to create home environments that provide regular opportunities for moderate-to-vigorous physical activity and healthy eating.

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For questions or suggestions regarding the CNY newsletter,
please contact Kristin McCartney:
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Camp NEW You at MU

For those of you interested in how camp has been going at Marshall, this article was featured in the Herald Dispatch during the 2 week summer camp.

See the full article at <http://www.herald-dispatch.com>

Kelton Miller was up at 6:30 Monday morning, running the halls of the dormitory where he was staying at Marshall University.

The 11-year-old from Belington, W.Va., had just gotten a pedometer to track his steps, and he wanted to get off to a strong start. By lunch, he had taken 11,612 steps, already above the average 10,000 steps that a person takes in a day.

Miller is one of 15 kids who are staying at Marshall University this week for Camp New You, a camp geared toward educating young people and their families about ways to incorporate exercise and better nutrition into their lives.

They're getting guidance on including more fruits and vegetables in their meals and about healthier snacks, even learning

to prepare some meals. They'll also learn about a variety of ways -- some of which are, in fact, fun -- that they can burn calories, and they'll go on field trips to places like Beech Fork Lake, Carter Caves in Kentucky and the Pottery Place in downtown Huntington.

The camp was founded a few years ago by West Virginia University, which has been studying fifth-graders across the state for the past 12 years and determined that 47 percent are over-

weight as of 2009. The study is part of the CARDIAC project, which stands for Coronary Artery Risk Detection in Appalachian Communities, and it involves fifth-graders who are given parental permission.

The camp is a great way to help kids and parents dispel a lot of the misinformation they hear about losing

weight and to consider each individual family's needs in determining how to infuse their lives with healthier habits, said Gina Sobrero Evans, who's helping put on the camp at Marshall.

"There's so much misinformation out there," Evans said. "They don't know what's reliable. And you have working parents, and they're so busy. In working with parents (Sunday) night, one thing I heard is, 'We don't have the time.'"

So counselors also work with the parents on how to fit physical activity into their routines and how to plan meals better -- maybe by cooking a little extra on the weekend -- so they don't have to grab as much fast food during the week, Evans said.

"Parents want the information," Evans said. "They've just never had the opportunity to get it".

