



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

Adopting lifestyle changes for a healthier you!

CAMP NEW You @ WVU 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 and good nutrition. The camp program will focus on goal setting and decision making, and will emphasize the importance of parent participation in helping to create healthier home environments that provide opportunities for healthy eating and regular physical activity.

Who?

**For 11-14
year olds**

When?

**Jul 19 - Aug 1
2009**

3 Additional Mandatory
Family Workshops will be
held throughout the year.

Where?

**Morgantown, WV
WVU Campus &
Local Recreation
Areas**

**Deadline for ALL registration materials: May 1, 2009
For early admission decision, submit by: March 1, 2009**

Camp NEW You 09-10 Dates and Meeting Commitments

Child:

July 19 - Aug 1, 2009
(13 days)
October 2 - 4, 2009
(Fri - Sun)
February 5 - 7, 2010
(Fri - Sun)
June 11 - 13, 2010
(Fri - Sun)

Parent / Guardian:

July 19 - Register onsite
July 25-26, 2009
(Sat—Sun)
October 2 - 4, 2009
(Fri - Sun)
February 5-7, 2010
(Fri - Sun)
June 11-13, 2010
(Fri - Sun)

July / August 2009							October 2009						
S	M	T	W	R	F	S	S	M	T	W	R	F	S
			1	2	3	4					1	2	3
5	6	7	8	9	10	11	4	5	6	7	8	9	10
12	13	14	15	16	17	18	11	12	13	14	15	16	17
19	20	21	22	23	24	25	18	19	20	21	22	23	24
26	27	28	29	30	31	1	25	26	27	28	29	30	31
February 2010							June 2010						
S	M	T	W	R	F	S	S	M	T	W	R	F	S
	1	2	3	4	5	6			1	2	3	4	5
7	8	9	10	11	12	13	6	7	8	9	10	11	12
14	15	16	17	18	19	20	13	14	15	16	17	18	19
21	22	23	24	25	26	27	20	21	22	23	24	25	26
28							27	28	29	30			

■ Child Dates

■ Child & Parent Dates



What to Expect at Camp NEW You @ WVU

Campers will have opportunities to participate in a variety of individual and group physical activities, will learn skills in making healthier choices, will apply nutrition knowledge to everyday life, and will have opportunities to participate in many other fun enrichment activities with new friends.



Everyday Activities

- ◆ Individual choice physical activities
- ◆ Educational sessions
- ◆ Enrichment opportunities
- ◆ Hands—on nutrition classes
- ◆ Group outdoor adventures

Sample Daily Schedule

- 8:00 Breakfast
- 8:45 Physical Activity (individual):
(rollerblading, DDR, or Yoga)
- 10:00 Snack and Nutrition Lesson I:
Reading Labels
- 11:00 Enrichment Activity:
Computer Skills
- 12:00 Lunch
- 1:15 Physical Activity (group):
(water sports—swimming, pool
Aerobic, and pool games OR
mountain biking)
- 3:00 Snack and Nutrition Lesson II:
(Making a quick healthy lunch)
- 4:00 Break/ Movie
- 6:00 Dinner
- 7:30 Concert (downtown)
- 10:00 Journaling
- 10:15 Ready for bed/Counselor Meeting
- 10:30 Lights out



Cost for Camp NEW You @ WVU 2009-2010

The total cost of Camp NEW You from July 2009 – June 2010 is \$2900. Included in this cost is the two week program this summer and the three follow-up weekends for youth, and the required participation days for parent / legal guardian. (see Dates and Meeting Commitments)

Payment Schedule

A deposit of \$100.00* and your co-pay of \$100.00 is due with the application. The remaining fees will be collected from the insurance companies. If you are paying “out of pocket” then the remaining balance would be due by May 1, 2009.

* The \$100 deposit will be refunded to you provided you and your child meet all the attendance and participation requirements.

**ATTENTION
YOUR HEALTH INSURANCE COMPANY
MAY COVER THE COST OF CAMP**

If your child is covered under one of the plans listed below, the cost for camp will be covered (excluding your required co-pay)

**WV-PEIA
Blue Cross / Blue Shield
WV CHIP
WVU Health Plan**



Cost Includes:

Lodging/food: Participants will be lodged in the WVU Towers dormitory. Three (3) meals and two (2) snacks a day will be provided.

Educational sessions and materials:

Classes and outings lead by trained nutritionists, physical activity experts, behavioral health experts, and others will be offered each day during Camp. Materials such as pedometers, journals, t-shirts, etc will be provided for all participants.

Lifestyle Coaching: Each child will be assigned a “personal lifestyle coach” who has been trained to provide support both during camp and after the child return home. Each coach will provide encouragement and accountability. Between camp meetings, coaches will communicate with participants weekly and parents monthly, and will provide email support throughout the 11 month program.

Medical Assessments: Health care providers will evaluate each participant’s health status through a complete health screening. Included in the screening is BMI measurement, a fasting lipid profile, insulin, glucose, and blood pressure measure.

Enrichment Activities: Throughout the camping experience, participants will be given opportunities to participate in a variety of enrichment opportunities such as a theatrical production, an art class, a unique physical activity opportunity, and much more!

Apply Today!

Limited Space Available
Applications will be accepted
until all positions are filled.
Deadline: May 1, 2009
(Applications submitted by
March 1, 2009 will receive early
admission consideration.)



Camp Location:

Both Summer Sessions of Camp NEW You @ WVU will be located in Morgantown, WV on the campus of West Virginia University. The area's vibrant local community, many recreational opportunities, beautiful campus facilities, and WVU faculty expertise combine to make a place that is uniquely positioned for Camp NEW You. The fall weekend session will be held at Canaan Valley State Park and the spring weekend session will be held at North Bend State Park.

Capacity for success:

How will you know if the program is successful? If you feel good about yourself and you have improved your lifestyle it has been a success! Camp NEW You is striving for long term success – not a “quick fix” for becoming healthier! Your personal coach will follow up with you throughout the year and will be in contact with your health care provider to ensure ongoing support.



Contact Us:

To obtain a registration form, physician referral form, or for any questions about Camp NEW You @ WVU, please contact us at (304) 293-0859 or visit our website:

www.campnewyou.org

CNY Advisory Board

Sean Bulger, Ed.D (Co-Project Manager)
Teacher Education, Fitness Ed. Specialist, WVU

Eloise Elliott, PhD (Co-Project Manager)
Physical Education - Health Education, CU

Derek Belcher, BS
Technology Specialist, The CARDIAC Project

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Pediatric Exercise Physiologist, WVU

William Neal, MD
Pediatric Cardiologist, WVU

Vanessa Shannon, PhD, CC AAASP
Sport & Exercise Psychology, WVU

Jack Watson, PhD
Licensed Psychologist
Sports & Exercise Psychology, WVU

Camp Staff

Our trained camp staff will ensure a successful summer experience at CAMP NEW You! The caring and committed Camp Directors and counselors will work with your child and family during the two-weeks and over the course of the year to reinforce healthy living habits for life.

Acknowledgements:

Camp NEW You @ WVU is a collaborative project between the College of Physical Activity and Sport Sciences and the WVU School of Medicine - Department of Pediatrics. We are grateful for the generous financial support provided by WVU, and other public and private donors. Special thanks to the Princeton Health and Fitness Center in Princeton, WV for developing and piloting the first NEW You 12-week after-school program for youth and for their support of this project.

Influences on a Healthy Lifestyle



Why Camp NEW You was developed:

We know that many influences affect the lifestyle choices our youth make every day. We know, too, that many children and teens do not choose or do not have the skills to choose healthy behaviors. *Camp NEW You* was developed to assist youth in becoming physically active and healthy for a lifetime through education, participation, critical thinking, and goal setting.

Who Should Participate?

Youth between the ages of 11-14 (and at least one parent or legal guardian) who are concerned about their weight, eager to participate in new physical activities, and willing to learn new ways to eat healthier should consider applying for a spot in Camp NEW You at WVU beginning July 2009.

Why Parent Participation is required:

Without the support of a parent or guardian, youth have a difficult time changing their lifestyle habits. That's why they need a parent to support their efforts, not only at camp, but especially when they return home. Parents can also learn important health lessons that they can apply in the home environment, and with their own personal health behaviors.



Admission Requirements:

- ◆ 11-14 Years old on 7/18/09
- ◆ Body Mass Index (BMI) above the 85th Percentile*
- ◆ Referral form completed and submitted by a physician**
- ◆ Registration Contract submitted by parent or legal guardian / child **
- ◆ 1 Parent participant
- ◆ Commitment to attend all camp sessions July 2009-June 2010

*BMI is measured by taking a child's height and weight and the percentile is determined by using growth charts for girls and boys. A child with a BMI greater than or equal to the 85th percentile is considered at-risk for overweight calculating height and weight using an age-adjusted growth chart. BMI above the 85th percentile is an indication of "at risk for overweight".

** All forms are downloadable at www.campnewyou.org or can be obtained by calling 1-304-293-0859



West Virginia University
Lifetime Activities Program
PO Box 6116
Morgantown, WV 26505-6116



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

Camp NEW You @ WVU

Beginning July 19, 2008

Are you...between the ages of 11-14?

Concerned about your weight?

Eager to participate in new physical activities?

Willing to learn new ways to eat healthier?

This fun-filled camp is for YOU!