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.

Adopting lifestyle changes for a healthier you!

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

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
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)

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!
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 with 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

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.
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
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!