Camp NEW You @ WVU

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.

Deadline for ALL registration materials: June 16, 2008

West Virginia University
Camp NEW You 07-08 Dates and Meeting Commitments

Child:
July 13—July 26, 2008 (13 days)
October 3– 5, 2008 (Fri - Sun)
April 3—5, 2009 (Fri - Sun)
June 12 - 14, 2009 (Fri - Sun)

Parent / Guardian:
July 13—Register onsite
July 19-20, 2008 (Sat—Sun)
October 3 - 5, 2008 (Fri - Sun)
April 3 - 5, 2009 (Fri - Sun)
June 12 - 14, 2009 (Fri - Sun)

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 2007 - 2008
The total cost of Camp NEW You from July 2008 – June 2009 is $2750. 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
$100 Non-refundable deposit required with Registration
$2650 (balance) - Due on or before July 16, 2008

ATTENTION WV-PEIA PARTICIPANTS
If you have WV-PEIA healthcare insurance, the full cost of camp will be covered excluding required co-pay.

Information Regarding Other Camp Scholarships Available
Scholarships are available and will be awarded based on need and on your commitment to the program. Participants may be eligible for support from other 3rd party payers. (Please see the “Contact Us” box for more

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, blood pressure measure, and an EKG.

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 26 places are filled, or up to June 16, 2008.
**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, scholarship form, or for any questions about Camp NEW You @ WVU, please contact us at 1.866.347.4757 or visit our websites at:

www.fitinfotech.com/cny/index.html
www.cardiacwv.org

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**Board of Advisors**

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**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 WVU School of Physical Education 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 2008.

**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.

**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.

**Admission Requirements:**
- 11-14 Years old on 7/12/08
- 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 08-June 09

*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.cardiacwv.org or fitinfotech.com/cny/index.html or can be obtained by calling the CARDIAC Hotline at 1.866.347.4757
Camp NEW You @ WVU
Beginning July 13, 2008
Are you...between the ages of 11-14? Concerned about your weight? Eager to participate in new physical activities?
This fun-filled camp is for YOU!