

3 KEYS

HOW TO CHOOSE THE RIGHT WEIGHT LOSS CAMP FOR YOUR CHILD

EVALUATE WEIGHT LOSS EXPERTISE



Program developed and delivered by health & wellness professionals

- ✔ Full-time clinically-trained experts in adolescent + young adult weight loss and food behaviors
- ✔ Track record of academic and clinical research and collaboration
- ✔ Respected as experts by national media
- ✔ Daily 1:1 and small group coaching by experienced health professionals with advanced degrees

Scientifically up-to-date program

- ✔ Rewires the connections among thoughts, feelings and actions related to food, activity and weight
- ✔ Recognizes that food restrictions and intense exercise do not lead to healthy, lasting weight loss
- ✔ Designed from Day 1 to help kids learn and practice cognitive-behavioral weight loss strategies

EVALUATE THE AFTER-CAMP EXPERIENCE



Professional after-camp support

- ✔ At no extra charge: 12 months of on-call phone, email, online support
- ✔ Provided by year-round professional staff of licensed therapists and child development experts, not random contractors
- ✔ Care coordination with parents, teachers, guidance counselors, and health providers



Quality of after-camp care plan

- ✔ Individualized after-camp success plans, collaboratively developed by each camper and their behavior coach
- ✔ Addresses individual “hot buttons” like social anxiety or family stress that can undermine healthier choices
- ✔ Includes tailored, practical strategies for each camper’s unique challenges

EVALUATE THE CAMP EXPERIENCE



Empowers campers to make healthier choices rather than micromanaging everything they eat and do

- ✔ Provides real-world decision-making practice at restaurants, groceries, during daily meals, etc.
- ✔ Develops new life skills for handling stress, disappointment, anxiety and self-doubt
- ✔ Makes behavior coaching and life skills development part of every camp activity, not a sporadic “extra”



Does location support program's goals?

- ✔ Near groceries, restaurants and local attractions so kids can build real-world experience making healthier choices
- ✔ Realistic and easily accessible physical activities that campers will want to continue at home
- ✔ Real kitchens where campers learn culinary skills and practice applying their nutrition knowledge



Does camp staff “walk the talk”?

- ✔ Experienced + well-trained, not raw recruits or new grads
- ✔ Compassionate approach that supports campers and never shames them or sets them up for failure
- ✔ Eats the same food + does the same activities as campers
- ✔ Consistently models effective life skills themselves



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