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Weight Loss School Students Enjoy Mobile Classroom Throughout Florida

Students of First School for Weight Loss in the Eastern and Southern U.S. Gain Experiential Learning Throughout Southeast

(LONG KEY, FL – February 20, 2007) -- Students attending Academy of the Sierras North Carolina (AOSNC), the world's first weight loss school outside California, are embarking on a month-long expedition throughout Georgia and Florida. The 11 students are gaining first-hand experience with ecosystems, wildlife and historical points of interest while pursuing their overall goal of attaining a healthy lifestyle.

“Moving the classroom outside is more engaging and makes the learning more interactive,” said Ryan Madamba, executive director of AOSNC. “This setting also provides a great backdrop to teach the students about proper exercise and nutrition that is vital for these kids to lose weight.”

As part of the trip, students of AOSNC will be hiking, snorkeling, surfing and canoeing while also receiving diet and nutrition instruction that is a fundamental part of the school's overall mission. Ryan continued, “Our school strives to teach students that a balance of a nutritious diet, education, exercise and self-assessment is not only possible, but it can be fun.”

The scientifically based model has proven successful at the original weight loss school, Academy of the Sierras, located in California. Students at this school averaged weight loss of nearly four pounds per week, and have maintained their weight loss after leaving the school.

Students of the Academy of the Sierras North Carolina will continue their trip throughout February, returning to the Brevard, NC school in March. Students will be able

to continue their experiential learning on campus through diverse activities such as personal training, rock climbing, kayaking, skateboarding and tennis.

The trip has already taken the students through Manatee State Park in Chiefland, Florida, Cooper State Park in Inverness, Florida, the University of South Florida in Tampa, Florida, and the Dolphin Research Center in Grassy Key, Florida. Students are heading to Fort Pierce Inlet State Park in Fort Pierce, Florida, and Cumberland Island National Sea Shore in St Mary's, Georgia.

Academy of the Sierras North Carolina is a residential school of Healthy Living Academies. Healthy Living Academies is the leading organization of treatment programs for pediatric and adolescent obesity. Healthy Living Academies programs include Academy of the Sierras California, Academy of the Sierras North Carolina, Wellspring New York, Wellspring Adventure Camp, Wellspring Adventure Camp California, Wellspring Texas, Wellspring Hawaii, Wellspring Family Camp in Michigan, and Wellspring UK. To learn more about Academy of the Sierras, Wellspring Camps or Healthy Living Academies, visit www.healthylivingacademies.com or call 866-364-0808.

Healthy Living Academies is a division of Aspen Education Group, the nation's leading provider of education programs for struggling or underachieving young people. With over 30 programs in 12 states and the United Kingdom, Aspen provides a comprehensive range of therapeutic interventions, including boarding schools, residential treatment and wilderness therapy. Aspen Education Group is a division of CRC Health Group, the nation's largest chemical dependency and related behavioral health organization. For more information, visit www.aspeneducation.com or call 888-972-7736.

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