



News

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Leading Weight Loss Program Introduces One Week Family Camp Experience

Losing Weight and Enjoying a Summer Family Vacation in Michigan's Upper Peninsula

CLEAR LAKE, MI (May 2, 2007) – Wellspring Family Camp, the country's only weight loss program designed for families with young children, announced the creation of new, intensive one-week sessions for summer 2007. The one-week sessions are a response to families looking to lose weight and continue weight loss at home through healthy lifestyle change, while enjoying family fun together.

"Recent studies indicate that over 65% of adults and 33% of children in the United States are overweight or obese, numbers that continue to worsen every year," stated Program Director, Rachel Yudin, "Many families are now looking for a way to introduce exercise and a healthier diet into their lives. Our new one-week weight loss sessions educate families on proper nutrition and exercise while they are enjoying a wonderful summer vacation on Clear Lake, near the shores of Lake Superior."

Wellspring Family Camp's scientifically-based program encourages parents and children to eat fewer than 20 grams of fat per day, walk a minimum of 10,000 steps, and self-monitor food and activity consistently. Studies have demonstrated that participants in the program lose a clinically-significant level of weight and maintain the weight loss long-term.

The one-week sessions are more focused and intensive than the traditional program. In addition to the nutrition and culinary education programs, as well as the training on developing and maintaining a new healthy lifestyle, families enjoy activities such as rope courses, canoeing, volleyball, soccer, and softball.

Wellspring Family Camp is offering two one-week sessions this summer, with the first session August 5 – August 11 and the second session August 12 – August 18.

Wellspring Family Camp is a program of Healthy Living Academies. To learn more about Wellspring Camps visit www.wellspringcamps.com. 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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