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## NEWS RELEASE

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(For immediate

release)

### **CAMP CHANGE – HELPING YOUR CHILD LIVE A HEALTHY LIFESTYLE**

**LANCASTER, Ohio (June 16, 2008)** – Thanks to MRDD of Fairfield County, the United Way of Fairfield County, and Fairfield Medical Center, children and parents now have a place to turn to for weight management. Camp CHANGE is a fun and interactive fitness and weight management camp for children ages 8 – 13 and their parents/caregivers. CHANGE stands for Choices, Habits, Attitude, Nutrition, Go, and Education.

Statistics from the Centers for Disease Control and Prevention (CDC) are alarming. Today, approximately 16 percent of all children and teens in the United States are overweight. Since the 1970s, the percentage of overweight kids and adolescents in the United States has more than doubled. For this reason, Fairfield Medical Center, along with MRDD of Fairfield County, and the United Way of Fairfield County, has developed Camp CHANGE.

Camp CHANGE will take place on Tuesday evenings, June 24 – August 12, from 4:30 pm – 6:30 pm at Forest Rose School in Lancaster. The fee to participate is \$80, however, financial assistance is provided through the United Way for eligible families. Registration is required by calling (740) 687-8007 and is limited to 20 participants. Your spot will be reserved when payment is received. You can receive a brochure with a registration card attached to it by calling 687-8007.

Some of the topics children and parents will focus on during the classes are fitness & exercise, food groups, serving sizes, meal planning, grocery list, fast food, healthy lunch box, healthy snacks, hands-on cooking, self image, goal setting, hunger vs. cravings, TV, video games, and computers.

To know that Camp CHANGE is right for your child, ask yourself these questions: is your child struggling to live a healthy and active lifestyle, does he/she struggle with weight management, and is your child between the ages of 8 – 13? If the answer to all these questions is “yes” then Camp CHANGE is right for you and your child.

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