



Midwest Summer Camp Addresses Obesity in Teens with Fun, Adventure and Motivation

Camp Endeavor Now Registering for Summer 2008 Sessions Where the Active Pursuit of Weight Management Begins

Baraboo, WI, March 02, 2008 --(PR.com)-- An estimated 17% of adolescents in the U.S. are overweight or obese and that number continues to rise according to the Center for Disease Control in 2006. Camp Endeavor is designed to enable overweight youth ages 9-17 with tools and ammunition to combat obesity while offering, first and foremost a fun-filled camp experience and a lifetime of memories.

Embedded in this classic co-ed summer camp environment are educational and specially- designed fitness activities, which, together with healthy eating will empower youth to successfully transition from initial weight loss to long term weight management.

“Our goal is to send every camper home feeling better about themselves”, says Tut Gramling, OTR, ME-PD and co-founder of Camp Endeavor. “Our motto is 'Prepare to Succeed!' We take both a scientific and holistic approach in our program addressing all areas of living: physical, mental and emotional including social issues, healthcare, exercise, nutrition and life-long tools to success.”

Co-founder, Dan Dingmann, an MS Exercise Physiologist adds, “Managing weight is hard for everyone, but for a teenager it's extremely difficult. It's not merely a science. If it were, one could easily prescribe this & that and look for the results. Camp Endeavor combines education, the experience of successful weight managers, child development techniques and behavior modification, with all the typical, summertime experiences of a camp on a lake.

14-year old camper, Nicole's mother, Allison was thrilled by Nicole's new attitude after attending Camp Endeavor. “She came home all excited about the new friends she had made and the weight she had lost. The first thing she did was give me a shopping list of all the healthy foods she wanted in the house. We're all eating healthier these days.”

Past campers report in to the camp regularly with positive comments:

12-year old Emily says she's never had a better summer. Her mom writes that Emily's lost 26 lbs, is more careful about what she eats, has joined the volleyball team and is much more active in general. Most notable is that her attitude has changed because she feels better about herself. She is more helpful around the house, school doesn't seem to be such a problem and she has made some new friends.

17-year old Tony attended Camp Endeavor for two summers. He continued to lose weight after his first summer and by the end of camp his second year, he had entered his ideal weight range. He has remained within this ideal range for over two years.

Tut and Dan stress that Camp Endeavor is a typical fun-filled summer camp with the added benefit of a



weight-management program. Additional daily activities include boating, swimming, team sports, a climbing course, campfires, dances, parties, excursions and more.

Camp Endeavor offers two week and four week weight loss summer camp sessions starting on June 15, 2008. Campers will return home equipped with the skills, tools and initial success in weight loss to enable their continuing progress in weight management. Ongoing support is provided after summer camps through newsletters and email correspondence.

About Camp Endeavor

Camp Endeavor, now entering it's 5th summer and located on the grounds of Camp Chi in the Wisconsin Dells, embraces a uniquely wholistic approach to weight loss management for youth between the ages of 9 - 17 years, as part of a typical summer camp experience. Their philosophy is based upon the experience and research of nutritionists, exercise physiologists, psychologists and adults who have succeeded in their own weight loss management.

Visit www.campendeavor.com or call 608-448-9752 for more information.

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