

# TOP 10 QUESTIONS TO ASK A WEIGHT LOSS CAMP DIRECTOR

Summer Camp Registration is HERE! Make sure to know the right questions to ask if you are sending your child to a weight loss camp. This may be the camp that makes ALL the difference in your child's life.



JEAN & TOM HUELISING

**1. What is the difference between a for-profit and non-profit camp?**

A. Non-profit camps are mission driven versus profit driven. There is only ONE non-profit residential weight loss camp in North America and it is located just outside St. Louis, Missouri. The business structure and philosophy of the camp will determine the level of attention your child receives both at camp and once home.

**2. What are the qualifications of the people working directly with my child?**

A. Many camps have boards of various doctors and specialists but those experts are not at camp working with your child. In fact many of them have never been to the camp in which they lend their name. Make sure you understand the level of education your child will receive. Ask if there is a true curriculum that can be verified by third party independent sources and then know who is teaching that curriculum. Is it being taught by certified and licensed professionals? If there is an internship partnership for college students then who is mentoring them on site?

**3. Does the camp meet any accreditation standards set by a nationally recognized governing body, such as, the American Camp Association?**

A. Listen carefully when the camp director speaks about this. Accreditation is a rigorous process of investigation before an accreditation seal is awarded. For instance the American Camp Association requires a camp to prove they meet 300 written standards by inspection of paperwork and verification by two investigators visiting camp in session. An affiliation is merely a paid membership that any camp can purchase similar to a club membership.

**4. How does the camp deal with the emotional side of eating?**

A. This will be key to your child's success at home. If you only treat the weight issue without treating the cause then your child will gain the weight back. Understand how the camp works.

**5. How do you measure success? How is it verified?**

A. There are many ways to measure success at camp and long term success at home. Speak directly with the director (and not the salesman) to learn what success they have documented at their camp. Is it verified by a third party who does not hold financial interest in the camp? Is the data published in a peer-reviewed professional journal? Have they won any awards? Are they recognized as a "best practice"?

**6. What is your nutritional philosophy?**

A. Is it a diet approach? Is it something that your family can sustain over time?

**7. What is your fitness philosophy?**

A. Is it a boot camp? Are there intense workouts? Seriously---what 10 year old child needs to go to a gym to workout? Campers need to enjoy keeping their body in shape for it to be a long term habit. There must be a wide variety of options at camp. The child needs to sample things they likely would not try at home so they can find activities to keep fit that do not feel like work.

**8. Will the Director--who is ultimately responsible for your child's safety--- know your child by name and their history?**

A. A camper needs to be known by name as well as their history by those in charge at camp. You must be comfortable with the person who is caring for your child when you are not there. The camp director is

ultimately responsible for your child's safety so it is imperative they know your child in order to make the best decisions in an emergency when you cannot be reached.

**9. Does the family receive any education to continue the camper's success at home?**

A. Society has created a toxic environment for our children. By sending the child to camp, the vicious cycle of bad habits can be broken. The positive peer support from their camp family will help the child take control of their situation and get a second chance for good health again. The child then becomes the ambassador back to their own family. The camp must have on-going education for the family while at camp and a follow-up program at home in order to help the family build a strong foundation of healthy lifestyles.

**10. Does my child receive any follow-up support after camp is over?**

A. Does the camper leave with a workable plan for home? The child will be successful if they have the support of their family and the entire family benefits by leading healthy lifestyles. Make sure your family makes it a priority to stay involved with the camp because weight will be a lifelong struggle. The camp community will help you stay on track. The camp cannot help you though if you are not willing to do what is needed. Decide to make the commitment for the sake of your child because nothing else will matter once your child loses their health!



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