



HEALTHY

CAMPERS ARE

HAPPY CAMPERS

MORE *life*

LIVE HEALTHILY EVER AFTER

ALL ABOUT OUR camp

At MoreLife we're all about providing families with the tools they need to get fitter for the future. Since 1999 we've been helping people feel healthier, happier and more confident through the services we provide. One of these services is our summer camp, specially created for 8-17 year olds. It's not a 'fat camp', it's not a 'boot camp' it's just loads of fun. It's great for young people who want to make new friends and make some little changes to their lifestyle to make a big difference to their health and well-being.

"Everything about camp is really fun; everyone is in the same boat. You get to try lots of new activities, make friends and lose weight at the same time!"

Paul, aged 14

A bit about us

MoreLife, formerly Carnegie Weight Management, is the leading expert in helping young people, adults and families manage their weight. Founded by Professor Paul Gately, who has over 20 years' experience in the research and running of weight management programmes, we have more evidence to prove our success than any other programme worldwide. Since 1999 we've helped over 6,000 young people to lose weight and keep it off, giving them more energy, more confidence, more happiness and more life.

What happens at camp?

Camp is all about experiencing new things; be it trying new foods, new ways of preparing and cooking meals, new activities or new places – MoreLife Summer Camp has it all. Every day is different at camp, you won't have chance to get bored! Our professional and friendly team will help you learn about what a healthy lifestyle looks like and why it is important. You will make loads of new friends with like-minded people who, like you, want to live healthily ever after. You can choose from day camp, or residential camp – it's up to you!

Typical day

Time	Activity
8:00am	Wake up
8:30am	Breakfast
9:30am	Activity session one (e.g. boxercise / dance)
10:30am	Lifestyle session - what's in your drink?
11:30am	Activity session two (e.g. basketball / rounders)
12:30pm	Lunch
1:30pm	Chill out time
2:30pm	Activity session three (e.g. treasure hunt)
3:30pm	Break – fruit snack
3:45pm	Elective – chosen activity (e.g. photography / drama)
4:45pm	Camp tournament
5:45pm	Evening meal
7:00pm	Social activity (e.g. quiz)
9:00pm	Onwards (dependent on age)



more fun



more confidence

Does our camp work?

The results say yes. We have the best short and long-term results – proven! Throughout your stay you are encouraged and supported to:

- Achieve safe weight loss
- Reduce your body fat percentage
- Increase your fitness levels
- Become wise about food
- Enjoy being active
- Smile loads more

Physical activity & Lifestyle sessions

Our philosophy is to combine keeping fit with learning about what a healthy lifestyle really looks like; so you can shape your own fitness journey. Our team encourage campers to get involved with a whole range of activities such as: dodgeball, swimming and martial arts. In the lifestyle sessions you will learn key life-skills such as portion control and managing your own eating triggers. This means after camp you'll not only be fitter (on average by 20%), you'll also have more confidence to join clubs and manage your healthy eating when you get home.

Eating

MoreLife Camp is not a 'fat camp'; it is not about dieting. It's about learning what healthy eating looks like for you as an individual. Faddy diets don't work and we share with you why. Our menus are packed full of great foods and are portion controlled to your individual needs. No one on camp goes hungry and we prepare food that you will be able to cook at home with your family.

Other campers

Making new friends is a really important part of being at camp. Everyone is in the same boat and you will find lots of common ground with lots of new people. Friendships last long after camp and we encourage you all to keep in touch; we even organise a reunion for you to show-off all your hard work!

"Since going to camp I feel much better about myself and have more confidence to do the things I would never do before"

Alex, aged 12

Family involvement

Parent and family workshops are an essential part of the programme and are held on arrival and at our family weekend. It is a great chance for families to share their experiences and for them to ask our expert team any questions they might have.

Staff

Our staff are a lovely bunch and some of them have been in your position, so they know exactly what it's like to get fit and healthy themselves. With one member of staff to every three campers, we make sure you have the individual attention you need to achieve your goals. The team are specialised in weight management, health, physical education, exercise science, nutrition and child development – they really know their stuff!

Length of stay

The camp runs for 6 weeks, but you can stay as long as like. Some campers do 2 weeks or a month; some stay for the whole duration because they have such a good time and get great results. It's really up to you! Interested in day camp? Call us for more information.

Costs

Contact our team for this year's camp costs. The residential MoreLife Summer Camp is full-board; meaning you stay overnight, every night, until your stay is complete. All your food, drink and activities are included. Day campers can choose to come for breakfast and whether to stay for dinner; costs vary depending on what you decide, but all activities are included.

Call: 0113 812 5233

Visit: www.more-life.co.uk

 facebook.com/team.morelife

 [team_morelife](https://twitter.com/team_morelife)

Ask past campers what they think by joining our Facebook page or following us on Twitter.

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