

**Who:** Boys and Girls, Ages 8-12

**What:** Forever-Fit Summer Camp

**When:** June 11<sup>th</sup> – July 19<sup>th</sup>

**Time:** 8:30 am - 4:30 pm  
(Drop off begins at 7:30 am, pick up lasts until 5:30 pm for working caregivers.)

**Where:** The Fitness Farm  
2525 West 44th Street  
Indianapolis, IN 46228

**Cost:** \$100 per week  
Includes all meals and activities for 6 weeks  
(some financial assistance available).

For more information contact:

Amanda McDowell  
**317-634-1100**  
Email: a.mcdowell@cbhi.org



American Foundation for Preventive Medicine (AFPM),  
a nonprofit charitable organization

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Changing Directions,  
Changing Lives!



Mind

Body



Spirit

A Comprehensive  
Healthy-Lifestyle Day Camp  
**June 11<sup>th</sup> - July 19<sup>th</sup>**



# Looking for an action-packed, fun-filled camp experience?

You've found it! Join us at the Forever-Fit Summer Camp for an affordable, fun day camp tailored for youth ages 8-12 — and see what a difference a summer can make!



Basketball

Forever-Fit Summer Camp is held at our 24-acre Fitness Farm near downtown Indy complete with **tennis and basketball courts, 200-meter track, soccer field, swimming pool, hiking trail, garden, farm animals, indoor kitchen, and more.**

At Forever-Fit, campers get their health on track — as they learn healthy eating can be delicious and healthy exercise, a blast! With so many fun fitness activities, it's easy to see why campers are always on the move!

## THE FOREVER-FIT FORMULA



Our evidence-based camp was designed by pediatricians, obesity researchers, nutritionists, and exercise psychologists for youth in the 85th percentile or greater for height and weight.



FITNESS IS A FAMILY AFFAIR!

## What makes Forever-Fit different?

Forever-Fit Summer Camp embraces a holistic approach to losing weight and feeling great. Our expert team provides the guidance and support campers and families need to succeed.

But the best part? It works! For four consecutive years, campers have reduced BMI, improved heart rate and blood pressure, increased strength and stamina, gained confidence, built self-esteem — and along the way made friends and memories.

**Forever Fit equips campers with the skills they need to thrive in today's world as active, healthy adults.**

### Body

Our six-week evidence-based program addresses the dietary, exercise, and behavioral factors that influence eating and sedentary behaviors.

### Mind

Our team helps campers identify and address obstacles encountered along the way offering practical advice on how to overcome them.

### Spirit

Our campers feel safe to express, learn, and laugh in a positive environment — where families find support and encouragement as they adopt healthy behaviors for a lifetime of fitness.



Parents Night

## What parents are saying about Forever-Fit Summer Camp...

*"I notice my child's excitement when it's time to come to camp. He learned about responsibility."*

*"It was beneficial for my daughter to spend a lot of time with other children who struggle in the same way."*



Swimming



Biking

*"This camp has had an incredible impact on my child realizing she needs to stay active, and I have seen a drastic change in her eating habits."*

*"I hadn't realized how serious his obesity was, but I now have a much better understanding of his struggle."*



Gardening