



July 15-18, 2015
9:00am – 4:00pm
Arkansas State University

The POWER of ME! is a summer program for kids focused on health, nutrition and fitness. Our mission is to empower youth to make a dramatic lifestyle change through interactive education and great activities. We will provide children with necessary tools to help change body composition and build their health account through daily choices.

The POWER of ME! is open to children 4th-6th grade through referrals from teachers. Teachers will profile students who are leaders interested in making a change and not afraid to speak up. These students will be invited to “apply” for the program by submitting a letter explaining why you are ready to make a change, your ideas and goals, as well as a photo. Students will also need a referral letter from a teacher and parent. Each submission will be reviewed and voted on by our leadership team, and an interview will be set up with each child for final approval into the program.

Children will enroll in a 4-day summer program from Wednesday, July 15 – Saturday, July 18, 9:00am – 4:00pm. The program will be designed especially for each individual child, including health assessment, nutritional guidance, strategic fitness program, and body image counseling. Our team of dedicated professionals, which includes a nutritionist, pediatrician, therapist, psychologist and personal trainer, will offer their services to give children and their parents the tools they need to live a longer life. Best of all, the program is FREE – no charge to participants.

This camp will be FUN!! See food in a whole different light through hands on experimenting and tasting! Students will:

- Create a Kid’s Cookbook with their own recipes
- Prepare the lunch meal each day and sample their own creations
- Go on a shopping expedition
- Understand more about labels and nutrient value of specific foods
- Participate in Chef Camp Cooking Competition with great PRIZES!!
- Understand the importance of being active through games, gymnastics, yoga, and even meet their favorite dance and sports teams from Arkansas State University!
- Learn the physiology of the body and how food, sleep, mood and mind all affect the body and how it performs every day.

