

## **Camp Shane Opens New Youth Weight Loss Camp For Children & Teens In Arizona**

*The longest running weight loss camp for children and teens, Camp Shane, recently opened a new summer camp in Arizona to better serve the western US market.*

**Feb. 19, 2009 - [PRLog](#)** -- MAYER, AZ -- Camp Shane, the longest running youth fitness and weight loss camp for kids, recently announced it has opened a new facility in Arizona to better serve the western US market from Texas to California. The recent expansion is a result of feedback from parents out west who wanted their children to experience the healthy benefits of Camp Shane, but wanted an option closer to home.

Camp Shane's newest summer camp, which encompasses more than 300 acres surrounded by an additional 25,000 acres of picturesque landscape, offers weight loss camps in two, four or six week increments.

Through an overriding commitment to care, parents have entrusted Camp Shane to help fight childhood obesity since 1968. By providing fun and educational activities about healthy living choices, Camp Shane empowers children with the knowledge they need to completely re-shape their lives.

Through an easy yet effective nutrition program, focusing on every day foods and portion control, as well as exciting outdoor activities, the children at Camp Shane can expect to not only lose weight and learn how to keep it off, but also have fun, learn new skills and gain the confidence they deserve. In addition to children's weight loss camps, Camp Shane offers a variety of programs targeting young adults ages 18 to 25 and a weight loss spa program for adults: [www.shanedietresorts.com](http://www.shanedietresorts.com).

“At Camp Shane, we're not a ‘fat camp, diet or boot camp.’ Instead of focusing solely on dieting, Camp Shane is an exciting and educational program that helps teach children realistic and achievable ways to maintain a healthy lifestyle. Every child at Camp Shane is treated as part of our family, and our dedication has helped us become one of the most recognizable youth weight loss camp facilities in the country,” says David Ettenberg, Owner/Director of Camp Shane. (<http://www.campshane.arizona.com>)

Diverse activities available at Camp Shane include sports, fitness, arts and crafts and exciting pool recreational activities. Camp Shane also offers an array of cooking and nutritional classes to help children learn the importance of portion control, as well as how to make healthy selections when dining out.

Additionally, Camp Shane Arizona offers an optional, extensive and exciting horsemanship program. The program, which is run by experienced wranglers, includes more than 80 horses. Children experience the joys of caring for a horse and the physical benefits of riding, while building their self-confidence and balance skills.

Although it is a premier youth weight loss facility, Camp Shane maintains competitive mid-range pricing to ensure its services are available to all children who need to lose weight. Additional information about Camp Shane Arizona, including an enrollment form and request for a complimentary brochure can be found at [http://www.campshane.arizona.com/request\\_info.htm](http://www.campshane.arizona.com/request_info.htm)

“Camp Shane is a camp that everyone is proud to be a part of -- staff, parents and kids. It gives us such joy to see the difference that Camp Shane can make in a child's life,” says Ettenberg.

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About Camp Shane: Since 1968, Camp Shane, (<http://www.campshane.arizona.com>) a premier youth fitness and weight loss camp facility, has been dedicated to fighting obesity in children and teens. Camp Shane offers two weight loss camps, including its new Arizona facility featuring healthy menus, nutrition education, self-esteem building and traditional fun recreational activities, as well as a unique horsemanship program. By empowering children with the knowledge and skills they need to make healthy living choices, Camp Shane has helped countless children re-shape their lives and gain the self-confidence they deserve.

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