“The majority of camp professionals believe the healthy eating and physical activity of children are important issues for camps and have implemented strategies to address these issues.” Ventura and Garst, (2013). Residential summer camp: a new venue for nutrition education and physical activity promotion. *International Journal of Behavioral Nutrition and Physical Activity* 2013 10:64.

“Parents commented that the camp focus on overall health and participation (versus results and weight-loss) was beneficial for the children.” Pearson, Irwin, Burke & Shapiro (2013). Parental Perspectives of a 4-Week Family-Based Lifestyle Intervention for Children with Obesity, *Global Journal of Health Science; Vol. 5, No. 2; 2013*


“Youth summer camps demonstrate the potential to provide ample opportunities for physical activity during the summer months - camp experience may also introduce children to new physical activities they could continue following camp.” Hickerson BD, Henderson KA, (2014). Opportunities for Promoting Youth Physical Activity: An Examination of Youth Summer Camps, *Journal of Physical Activity and Health, 2014, 11, 199-205*

“At least 30 minutes of daily physical activity should be included as a component of any camp program.” “Food that is served and sold in camps should, at least, follow federal guidelines for school nutrition. Camp staff should model healthful food choices for their campers.” Council on School Health: Policy Statement - Creating Healthy Camp Experiences. *Pediatrics 2011, 127:794–799.*


“Evidence suggests that the professional development training designed to assist summer day camps to meet the HEPA Standards can lead to important changes in staff behaviors and children’s physical activity.” Weaver, R.G. et al. (2012). A Coordinated Comprehensive Professional Development Training’s Effect on Summer Day Camp Staff Healthy Eating and Physical Activity Promoting Behaviors, *Journal of Physical Activity and Health, Volume: 11 Issue: 6 Pages:1170-1178*
“This intervention demonstrated that, with support, summer day camps can help all children in attendance to accumulate their daily recommended 60min moderate to vigorous physical activity (MVPA).”

“...summer day camps can be a key antidote to the increases in sedentary behavior of youth during the summer months.”

“The nutritional quality of foods and beverages served at summer day camps could be improved. Future studies should assess barriers to consumption of healthy foods and beverages in these settings.”

“[At “Y” camps] Beyond fitness facilities, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.” *EC Care - American Psychologist, 2001 - cdn.ymcaonline.org*

“The occupation of physical activity clearly had the largest impact on all of the participants, as they easily recalled physical activities over other activities that the camp and home environments provided.”
Merryman, MaryBeth; Mezei, Amanda; Bush, Jill A.; and Weinstein, Marcie (2012) "The Effects of a Summer Camp Experience on Factors of Resilience in At-Risk Youth," *The Open Journal of Occupational Therapy: Vol. 1: Iss. 1, Article 3. Available at: https://doi.org/10.15453/2168-6408.1016*

“Summer Day Camps (SDC) are strongly positioned to provide children with meaningful amounts of physical activity during the summer vacation months. However, the SDCs in this study were failing to capitalize on this largely due to staff behaviors and management of activity opportunities.”
Beets, M. W., Weaver, R. G., Beighle, A., Webster, C. & Pate, R. R. (2013). How physically active are children attending summer day camps?. *Journal of Physical Activity and Health, 10 (6), 850-855*

“Both males and females achieved overall MVPA levels (86.3 and 68.6, respectively) during the camp day similar to national objectively-measured averages”