

CAMP ADMINISTRATION 101

HEALTH AND WELLNESS AT CAMP



Promoting health and wellness is a big part of camp and a main reason camp programs are so popular. Not only does it provide unique opportunities for campers, it also does it in a way that keeps them active with a focus on improving mental health as well. This means the benefits are not just physical but also improves their cognitive development as well as social and emotional growth. Here are some things you can do to promote health and wellness at camp:

1. Keep camp games active and avoid down time.
2. Serve healthy meal and snack options or promote these options if campers bring their lunch.
3. Be aware of your campers mental health and promote well-being at camp.
4. Make sure your facilities are clean and safe while teaching campers to keep it that way.
5. Stay positive and always make sure the kids are having fun.
6. Work in wellness activities to your programming such as jumping rope, fitness relays, obstacle courses, and team sports.
7. Keep campers minds active by incorporating educational activities such as STEM.
8. If going on field trips, choose trips that are active and/or educational and introduce kids to new experiences they may not be able to do otherwise.
9. Improve camper's mental health by incorporating team building and social and emotional learning activities to promote socialization and reduce bullying.
10. Talk to and socialize with campers to make them feel welcome, wanted, and included.



PROMOTING AND IMPLEMENTING AN ACTIVE AND HEALTHY LIFESTYLE FOR KIDS HAS THE FOLLOWING BENEFITS:

1. They will be happier and more positive.
2. They will have more energy.
3. It will reduce obesity and help them maintain the healthy weight.
4. It will help them feel good about themselves.
5. It will help prevent disease and illness.
6. It will help them sleep better.
7. It will help strengthen their muscles and bones.
8. It will reduce symptoms of anxiety and depression.

ESTABLISHING YOUR CAMP TO FOSTER PHYSICAL AND MENTAL WELL-BEING AS WELL AS ENCOURAGING HEALTHY LIFE CHOICES WILL IMPROVE YOUR PROGRAM AND HAVE AN IMPACT WELL BEYOND CAMP!



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