



FOR IMMEDIATE RELEASE

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**Saints Junior Training Camp coming to Fit As a Firefighter Summer Camp
*Week-long day camp aims to fight childhood obesity***

(Slidell, La.–May 4, 2010)—For the fourth summer, Slidell Memorial Hospital and St. Tammany Fire Protection District 1 will offer a free summer day camp that aims to build self esteem and teach nutrition and exercise skills to local children who struggle with their weight. Camp hours are 8 a.m. to 4 p.m. Children must be identified as being in the 95th percentile or above for weight or Body Mass Index (BMI) to qualify for the camp.

The Fit as a Firefighter Summer Camp for children between seven and 12 years of age is scheduled for June 14 to 18 at the St. Tammany Fire District 1 Fire Training Academy/Camp Villere in Slidell. Program partners include: Slidell Police SWAT and K9 teams, St. Tammany Parish Sheriff's Office, the Louisiana State Troopers, SMH Foundation, SMH Women's Health Alliance, Junior Auxiliary of Slidell, Cross Gates Family Fitness, Acadian Ambulance, Slidell Kicks Taekwondo, Louisiana Wildlife & Fisheries, U.S. Coast Guard, Pearl River Line Dancers, Tropical Smoothie Cafe, ASMBS Foundation-Walk from Obesity, Camellia City Market, Sam's Club, Jazzercise of Slidell, Rotary Clubs of Slidell & Northshore and the Louisiana National Guard. Last year, the program was honored with an American Heart Association "Community Fitness Innovation Award" and an "Innovator of the Year Award" from New Orleans *CityBusiness* magazine.

This year, the Fit as a Firefighter program has expanded its activities to include the Saints Junior Training Camp. In addition to daily nutrition and fitness classes taught by certified dietician and fitness trainers, other activities, such as Smokehouse, fire truck and ambulance tours, Blackhawk helicopter tour, Indoor/Outdoor Firefighter game, karate, cooking class, and Get Wet, Have Fun water day, are designed to teach kids about fitness while they're having fun. The children also will learn personal safety, including CPR and First Aid training, boating and community safety. *(Additional details are below.)*

"This program is an opportunity to learn new behaviors that will contribute to the health and well-being of the children in our region in a safe and supportive environment," said Camp Director Taffy Morrison, a parent educator with the SMH Parenting Center. "It is a chance to teach our children the many different and fun ways they can become active, which we hope will contribute to an increased level of activity year-round for years to come."

Registration packets for the Fit as a Firefighter Summer Camp can be picked up at Cross Gates Family Fitness Youth Activity Center (200 N. Military Rd.), Slidell Memorial Hospital Information Desk, SMH Parenting Center, online at SlidellMemorial.org/news and local pediatrician offices. Children need to have their pediatrician's office fill out a Health Participation Form and complete registration procedures prior to the start of camp. For more information the Firefighter camp, contact Taffy Morrison, Fit as a Firefighter Director at (985) 649-8529.

PROGRAM DETAILS

Fit As a Firefighter Summer Camp

Staffed by St. Tammany Fire District # 1 and Slidell Memorial Hospital

Location: St. Tammany Fire District #1 Fire Training Academy/Camp Villere,
Date: Monday-Friday, June 14-18, 2010
Hours: 8 a.m. – 4 p.m.
Ages of Campers: 7-12 year olds who meet camp health/weight evaluation
Activities: This summer camp is for overweight children who would like to learn more about nutrition & fitness to improve their health. Activities include: Daily Nutrition & Fitness Classes by a certified dietician and fitness trainers; CPR/First Aid Camper Training; Fire, Seatbelt, Boating, Water and Personal Safety; LA State Trooper Seatbelt/Rollover Simulator; Indoor/Outdoor, Water & Firefighter Games; Line & Square Dancing; Karate; Team Sports; Field Day Games; Self-Esteem & Stress Management; Slidell Police Department K-9 & SWAT Team Units; Boredom Buster Activities; Staying Safe at Home Alone & in the Community Safety Tips; Stranger Danger; Kids Cooking Class; LA National Guard Blackhawk Helicopter, Smokehouse, Fire truck, Ambulance Tours; Motivational Speakers and much more.

Before/Aftercare: none
Fee: Call (985) 649-8529 for information
Registration packets are available at: Cross Gates Family Fitness Youth Activity Center, 200 N. Military Road, Slidell, LA.
For more information contact Camp Director: Taffy Morrison, Slidell Memorial Hospital Parenting Center, (985) 649-8529.

ABOUT SMH

Slidell Memorial Hospital is a full-service 182-bed acute care not-for-profit community hospital located at 1001 Gause Blvd., in the heart of Slidell. Founded in 1959, SMH is the third-largest employer in St. Tammany Parish, employing 1,100 full, part-time and pool employees. SMH serves as a primary healthcare resource for families in St. Tammany Parish, La.; Pearl River County, Miss.; and the greater Mississippi Gulf Coast region. It is located online at <http://www.slidellmemorial.org>.

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