



Summer Camp 2018

Dear FitLife Camper:

We are excited you have chosen to come to FitLife Camp this summer! Here is some information for you to be better prepared for a wonderful 3 weeks at Cohutta Springs.

During the 3 week program, our FitLife staff will help you discover how to live a fit life. Your program will include:

- Making good food choices and proper nutrition. Each weekday noon meal, you will participate in food preparation and develop a sense of what your body wants and needs for optimum living.
- Learn about exercise and develop a personal plan. Each morning, you will experience a variety of activities to help you grow strong and healthy.

In the afternoon, you will enjoy many of Cohutta Springs' regular activity rotations – such as our blob, slide, rocket, zipline, flying chair, archery, crafts, etc. You'll enjoy Fun Times and the amazing campfire programs at Cohutta Springs in the evening.

Be sure to bring your walking/running shoes, workout/exercise clothes, and tons of energy.

If you have any questions, please call our Calhoun office at 706-602-7346. We are looking forward to seeing you at camp!

Sincerely,

Rob Lang
Camp Director