

# 2019 SUMMER BY THE NUMBERS



## 3305 POUNDS LOST

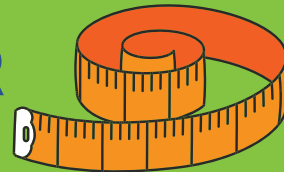
Average weight lost per 4 weeker: 17.6 lbs

Average weight lost per 8 weeker: 34.8 lbs

Pounds lost by our Our Biggest Winner:  
65 pounds in 8 weeks



## AVERAGE NUMBER OF INCHES LOST



Necks:	1.1 in	Hips:	4.1 in
Upperarms:	1.1 in	Thighs:	2.8 in
Chests:	3.4 in	Calves:	0.7 in
Waists:	4.6 in	TOTAL:	17.8 in

2241 inches lost | total (~187 ft)

## LOST 11 HOURS, 8 MINUTES OFF MILE TIMES

Average starting time: 16:12

Average finishing time: 10:56





# SUMMER MILESTONES



**BOYS' RECORD FOR THE MILE RUN TIME— STANDS AT 6:08**

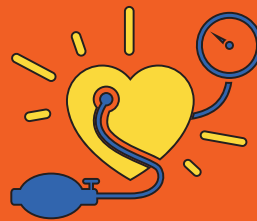


**GIRLS' RECORD FOR THE MILE RUN TIME— STANDS AT 7:03**

**33 CAMPERS SELF-HARMED PRIOR TO CAMP BUT PROMISE TO USE BETTER COPING STRATEGIES NOW**

**FEMALES RECEIVED INSTRUCTION ON BREAST EXAMS AND MALES RECEIVED INSTRUCTION ON TESTICULAR EXAMS AND BREAST EXAMS**

**ALL CAMPERS BLOOD PRESSURE IMPROVED**



**ALL CAMPERS VOICED MORE CONFIDENCE AND HAD BETTER SELF-ESTEEM**

**61 CAMPERS WITH ACANTHOSIS NIGRICANS ALL HAVE FADED 23 HAVE DISAPPEARED**

**ALL CAMPERS WERE ABLE TO LIST 2 TRUSTED ADULTS WHO THEY COULD ASK FOR HELP**

**1 CAMPER LEARNED TO SWALLOW PILLS**



**17 CAMPERS LEARNED TO RIDE A BIKE**



**ON A SURVEY OF LIFE-HAPPINESS, ALL CAMPERS LIKE THEMSELVES BETTER TODAY THAN BEFORE CAMP**

**ALL CAMPERS WERE ABLE TO LIST NEW COPING TECHNIQUES THEY CAN USE IN PLACE OF OVER-EATING**