9 am April 3, 2012 ForeverFit Ellen Thompson

One - third of children in the United States are either overweight, obese or at risk of being overweight. More than 45 percent of Oklahoma’s youth is overweight. This gives Oklahoma the seventeenth highest childhood obesity rate in America. ForeverFit is working hard to change that. For the past 10 years, this nonprofit organization has been opening its gates to Oklahoma’s youth ages 8-14 for a 6-week summer camp. At camp, they get to participate in all different kinds of fitness related games and challenges that keep fitness entertaining for each individual child. After camp, they attend monthly “Daycations” with their parents to make sure they are staying on track throughout the year. During these outings, the parents meet with specialized nutritionists and trainers that show them how to keep their child on track with budget friendly food options and ways to keep their child moving. Since ForeverFit has begun, more than 22 hundred kids have gone to camp, and more that 16 hundred of them have sustained the weight loss experience at camp. They are different from other child weight-loss camps because they not only use their “Daycations” to continue the values learned at camp throughout the year, but they incorporate parents into the program as well. Parents are the key to child weight ­loss. They buy the food, cook the food and they portion it out to the child. At ForeverFit, they make it a fam­ily event for the child because every parent wants their child to succeed and holds the key that makes it all possible. One of the most impressive ways ForeverFit has set itself apart is that they will never turn away a child for financial reasons. Thanks to many generous donors, they give scholarships to kids that can benefit from the program, but cannot afford it. ForeverFit also does community fundraisers such as the annual 5k race and fun run, and “Military Madness” where anyone can try out their talents by racing through an official military obstacle course. Last year, more than 8,000 people ran in the 5K race, making it the largest race of its kind in Oklahoma. To learn more about ForeverFit and how you can get involved, go to [www.ForeverFit.com](http://www.ForeverFit.com) or visit their Facebook page.