## Tips from Tori

Hey girls We hope you are all doing awesome staying on track. Here are a few tips to help you thru this holiday season. Try to eat before your family event; it’s always a lot harder to make good food choices when your stomach is screaming at you to feed it. Exercise should be a priority, remember this way you will feel better about yourself and energized to make the right choices.

It’s very important that you are drinking enough water because sometimes you might think that you are hungry but you are really just thirsty, especially around the holidays when there is a lot of food around.

During the holiday season don’t start the day by “banking calories” by skipping breakfast or lunch. When you eat throughout the day in a timely manner you will find it a lot easier to chose healthier options and eat smaller portions at your parties.

The most important thing is to stop being so hard on yourself. Allow yourself a couple of bad meals or snack but get right back on track with healthy eating!!!

## Upcoming Events

* Jingle Ball 12/8
* NYC Reunion 01/14
* South Florida reunion 3/10

Hey girls I hope this newsletter finds you all well. How was your Halloween?? We hope that you were able to keep my candy intake under control ☺. Time is flying by, from one holiday on to the next one. Before you know it the holidays will be here. Our staff is in the process of calling everyone to help keep you motivated and focused.

 Please remember everything that Tori covered with you on holiday eating and snacking in her rap sessions. For our Thanksgiving dinners we’re helping out so that way we can make sure our recipes are healthy. After all it’s just one day so you should all enjoy the holiday treats and turkey!!

The reunion is coming! Save the date for Sunday, January 14th in NYC! Formal invitations are going out shortly. It will be at Dave & Busters Times Square on Sunday January 14th from 1230-230pm. You will have the opportunity to see the new camp vieo, have refreshments and play some of the arcade games. This event is always the highlight of the off-season.

 Xx, Flip Shulman, Nikki Ruane, Directors

November 2017



Camp Pennbrook November Newsletter

#  Happy Thanksgiving!

Many of our campers have already sent in their 2018 applications and deposits, knowing that they have made the best possible plans for next summer. Remember, Camp Pennbrook is just like a regular camp even if you have lost additional weight or have maintained your weight loss; you can return and be on the maintenance plan.

Send in the enclosed application before November 30th along with a $500 deposit (fully refundable). You can pick your exact dates and length of stay later in the year.

Lock in last year’s prices and get a free non-premium trip!!

## Early Bird Registration

1. Stretch out 1-2 minutes (always!)
2. Cardio (jumping jacks/ running in place) 2 minutes
3. Right leg/left leg lunge 2 minutes
4. Hold a squat 30 seconds, pulse squat 30 seconds
5. Cardio (ski jumps, high knees, kick butts, or jumping jacks) 4 minutes
6. Basic crunch 1 minute
7. Plank 1 minute
8. Assisted/regular pushups 1 minute
9. Cardio 4 minutes
10. Biceps curls 1 min
11. Tricep curls 1 min
12. Jump squats 30 seconds
13. Burpees 30 seconds
14. Bicycle crunches 2 minutes
15. Cardio 4 minutes

Repeat this cycle for a second round if you have time but if you only have 30 minutes your done! Just stretch and cool down! This is a crucial time of year to get your workout in ladies. Again, be proactive for the holidays and remember NO PAIN, NO GAIN.

The change of season always invites the unhealthy temptation to stay in and be less active. With the holidays approaching we want to be proactive. This is because the average woman gains 5-10 lbs over the holidays. If you feel your effected by the season change more than others, because let's face it as women the slightest change can affect our moods, then its okay! Just make sure to do some sort of workout at home! You can formulate your own workout or even better use a workout DVD (Jillian Michael's are my favorite!) You always want to get 3 days of strength training in a week and a goal of 3-6 days of at least 30 minutes of cardio a day! Remember you don't have to work out for 2 hours to get an effective workout in.

 Here is an example of a fast and easy mini-boot camp for you:

## Cardio Workout Corner from Savannah and Michelle

Happy Thanksgiving.



“If you can imagine it, you can achieve it.”

So far we have locked in “SAM SMITH” and “TAYLOR SWIFT” for concerts for Summer 2018 and we are still looking for more!

For Broadway, we will be attending new Broadway shows such as “FROZEN” and “MEAN GIRLS”!

In addition to concerts and Broadway trips we will continue to go to Dorney Park, Six Flags, whitewater rafting, NYC shopping trip as well as the King of Prussia trip.

We are looking into taking everyone to laser tag or paintball next summer!!

## Summer 2018 trips



## Facebook

Girls don’t forget to visit our Camp Pennbrook page and like it. In our page we are constantly putting up news, pictures and videos from the summer.

It’s the best for everyone to keep in touch, invite your friends and family to our page as well.

Coming soon we will post a preview of next summer’s video!

## Jingle Ball

As of November 15th, there are limited number of tickets left. Please call to reserve your space with a $500 deposit. You can secure your ticket to Jingle ball and dinner before the concert with your camp friends and favorite staff managers. Let your parents know the show usually runs through midnight!

This year’s lineup includes: Taylor Swift, Ed Sheeran, The Chainsmokers, SamSmith, Halsey and more!



## Progress Questionnaire

Last month we sent out a questionnaire to all campers to complete. This information helps us analyze how you are doing with the program 3 months after leaving camp. We can then have one of our nutritionists call you and your parents to go over any questions or issues you may have. Remember, we offer support all year and now that the weather is starting to get colder and the holidays are coming, we want to ensure that everyone remembers what they learned in their rap and cooking classes at camp. We are always here to help. Please call or email and send in your form by email or fa: 212-354-6258.

## New Adult Program for Moms

Due to popular demand, many moms have inquired about attending camp so that they can lose weight and get all of the benefits for the program. It also helps them learn about our program so that they can help their daughter follow along after camp is over.

In past years, we have permitted the moms of their campers (and their friends) to attend camp after August 1st for either a long weekend or the last week. This year we now have a new air-conditioned dorm set aside for our moms to reside with our adult staff.  Moms may register for either a long weekend or a stay or one week or mom anytime during the summer.

They can join in at daily cardio classes, attend rap sessions and cooking classes with the nutrition team and take advantage of some of the camp sports, evening activities, and trips. The program can be as structured or non-structured for the moms individual preference. Some moms go out to the malls and local attractions in the afternoon but have all o3 of their meals at camp. They also will have the option to go on our special trips to Broadway shows, shopping in New York City, and buy new clothes at King of Prussia Mall at the end of the season

Please call for details on this new expanded program!

Game Show Man

Magic Show with Eric

Bowling

Saturday Nights at Multiplex

Bowling and Laser Tag Night

New York City Shopping Trip

Seth Meyers TV Taping

Miniature Gold

Ice Skating Night

Day at the Beach

Trip to Supermarket

Lip Synch Battle

Color War competition

Zumbathon

## 2018 Special Events and Evening Activities

Last summer, our drama put on a wonderful production of Wizard of Oz. Who can forget the memorable performances by Cookie as the Lion, Kyra as Dorothy and Sophie Sellers as the Wizard, among others. We are starting to take suggestions for this years show. Please call or email us today. In prior years, we have put on Into the Woods, The Little Mermaid, Peter Pan, Charlie Brown, Grease, Mary Poppins and more. In addition tour our big shows, we still have several Talent Shwos and Improv classes.

## The Big Show