

CAMP PENNBROOK NEWSLETTER December 2021 Holiday Edition



Hey Girls,

We feel that summer is definitely the best but wouldn't you say that the Holidays are awesome, too? It's a great time to get together with family and friends while celebrating and giving thanks for everything we have.

We have found over the last years that this is the time of the year that our campers need lots of support and encouragement in order to maintain their weight loss. The best part is that we are here to help and support each and every one of you. We personally LOVE the Holiday season and even though it's hard with all the parties and gatherings we always remind ourselves to be mindful of our choices.

This newsletter provides helpful tips as well as holiday recipes for you to use at home and keep up with your ongoing lifestyle change. Always remember to enjoy yourselves during this time while continuing to staying active and make healthy choices. Take this time to be thankful for what we all have and be appreciative to our family and friends for supporting all of us in this journey. Don't forget your camp family will always support you every step of the way!!!

Happy Holidays!
Flip & Katie



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THE HOLIDAYS

1.

FIGHT GERMS

In the fall and winter, people tend to get sick with colds and the flu. The holidays are all about sharing, but some things you'll want to keep to yourself: forks, spoons, and drinking utensils. People can be contagious before they know they're sick, so even just a sip from someone's drink puts their germs in your body.

2.

EAT HEALTHY & BE MERRY

Holiday foods can be high in calories and low on the nutrition you need to battle germs and boost energy. Make it a priority to eat 5 or more servings of fruits and vegetables a day. Choose the whole fruit instead of juice to feel full longer and avoid added sugar. Carry an apple or a bag of baby carrots so you always have a healthy snack available. And don't give your exercise routine a holiday. Exercise gives you energy in addition to burning calories.

3.

CHILL

"Can I afford it?" "Will it be perfect?" Even things we look forward to, like the holidays, can come with worries attached. If you feel stressed, stop what you're doing for just a moment. Take 5 deep belly breaths. Concentrate on each breath as you inhale and exhale. Walk over to a window and look out at the sky. Then go back to what you were doing, realizing that holiday drama will happen. Just hope it leaves you with some great stories to tell.

4.

BEAT THE BLUES

Holiday depression doesn't just happen in songs. For some people, it's seasonal, brought on by shorter days, longer nights, and colder weather. Other people might feel down and lonely this time of the year. If you feel down, go outside, even if it's cold where you live. Sunlight and exercise are great mood lifters. Try a seasonal activity to put you in the holiday spirit. You can decorate, watch a holiday movie with family, or wrap gifts. And don't hesitate to talk to someone you trust, like a parent or teacher, about how you're feeling.

5.

GET SOME ZZZS

Getting 8½ to 9 hours of sleep a night during the holidays can help strengthen your immune system, give you more energy, and make you less vulnerable to stress.

Gingerbread Breakfast Smoothie



INGREDIENTS

- 1 CUP MILK (DAIRY OR UNSWEETENED ALTERNATIVE)
- 2/3 CUP PLAIN GREEK YOGURT (USE COCONUT YOGURT FOR DAIRY FREE)
- 2 TBSP ALMOND BUTTER
- 2 DATES (SOFTENED IN HOT WATER IF NECESSARY, PITS REMOVED)
- 1/4 CUP OATMEAL (CERTIFIED GLUTEN FREE, IF NECESSARY)
- 1/4 TSP CINNAMON
- DASH EACH CLOVES AND NUTMEG
- 1/2 TSP FRESHLY GRATED GINGER (OR TO TASTE)
- 1 LARGE FROZEN BANANA
- 4-6 ICE CUBES

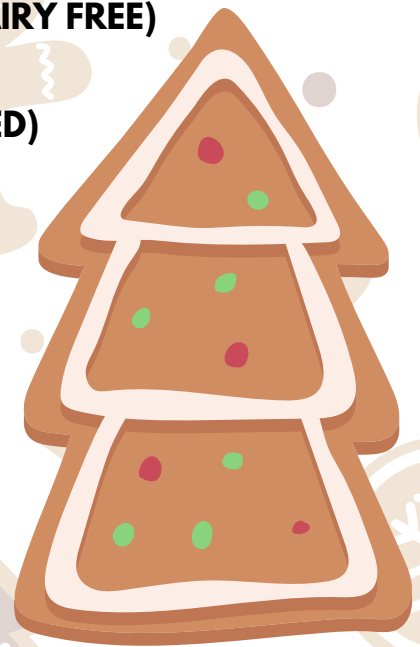
INSTRUCTIONS

1. ADD ALL INGREDIENTS OTHER THAN BANANA AND ICE CUBES INTO BLENDER AND MIX UNTIL DATES ARE WELL BROKEN DOWN.
2. ADD THE BANANA AND ICE CUBES AND BLEND UNTIL SMOOTH AND CREAMY.

NOTES

*FRESH GINGER CAN BE FROZEN IN A FREEZER BAG FOR SEVERAL MONTHS. SIMPLY GRATE THE NECESSARY AMOUNT OF FROZEN GINGER AND RETURN IT TO THE FREEZER!

*THE 1/2 TSP OF GINGER RECOMMENDED IN THIS RECIPE GIVES A VERY MILD GINGER FLAVOUR. IF IT ISN'T A NEW FLAVOUR FOR YOUR FAMILY, MORE IS VERY DELICIOUS!



Summer 2022 Trips

Sign up early to guarantee your spot on one of our FANG-tastic trips! You can get tickets to the shows/concerts of your choice. If any of your favorite artists are going on tour next summer in the NJ/NY/PA area, let us know.

Chances are, Camp Pennbrook will be there!



HUGH JACKMAN
MEREDITH WILLSON'S
THE MUSIC MAN
SUTTON FOSTER

7/2
7/17



Help is on the way, dear!

Mrs. Doubtfire
A New Musical, Poppets

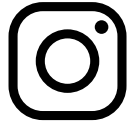
7/30



SHAWN MENDES
wonder
THE WORLD TOUR

August 3

LET'S GET SOCIAL



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WWW.FACEBOOK.COM
/CAMP PENNBROOK



WWW.YOUTUBE.COM
"CAMP PENNBROOK"

CONTEST ALERT!

DM US

Send us your best healthy holiday recipe to win a fun prize. Please send in your submissions via Facebook or Instagram direct message by January 15, 2021 with a parent/guardian's permission.

STAFF RETURNING

We really are a family here at Camp Pennbrook!

Most of our key staff are already lined up to return in the Summer of 2022, including:

- Cardio with Savanna, Atrice & Amanda
- Sports with Steve
- Drama with Devin
- Art with Cheryl
- Health Coaching with Brett
- Tennis with Patrick

KEY DATES '21-'22

Winter Reunions

(more details to follow)

- NYC - Dave & Busters in Times Square, 01/16
- Philly - Flyer's Hockey Game, 01/15
- South Florida - Panther's Hockey Game, 12/29

Camp Season

- First Day of Camp - 6/25/2022
- Last Day of Camp 8/13/2022

all dates tentative until further notice

Ask us about our Junior Counselor and Counselor-in-Training Programs!

RE-ENROLL NOW!

Join us for the 2022 season! The \$500 deposit is fully refundable up to June 1, 2022. Can change dates and length of stay at any time.