Girl Scouts Eastern Washington & Northern Idaho
Camp Four Echoes
1404 N. Ash Street
Spokane, WA 99201

Dear Campers and Parents/Guardians,

Welcome to the Healthy Me program at Camp Four Echoes. We're excited that you'll be joining us at camp this summer!

In this program, you'll have the unique opportunity to learn more about yourself and how to make good choices that will allow you to get and stay healthy. You will be creating many of your own meals, choosing from a variety of healthy foods choices. You will be getting your body moving as you try different kinds of exercise to see what motivates you to stay active. You might find that you like Yoga, Zumba, swimming or some other great activity. You will also get a chance to talk with other girls about the challenges of making changes and providing support for each other as you set goals to be healthy.

Local community partners will come to camp to work side-by-side with your group as you prepare meals, try new kinds of exercise and set your goals. Although your group will have plenty of opportunities to enjoy camp favorites like arts and crafts, songs, boating, etc, you will spend more time with just your group, focusing on your program.

A typical day at camp may look like this:

7:00 Wake up
7:30 Morning Yoga session on the beach
8:00 Breakfast with your group
8:45 Camp "Kapers" (duties that everyone performs daily to help keep camp clean and tidy)
9:30 Walk to Echo Point for Nature activities and geocaching
11:00 Make a Challenge Lunch by using at least 2 foods that are new to you
1:30 Me Time in the cabins
2:30 Energize with Zumba!
3:45 Learn how to make portable healthy snacks
4:30 Swimming
5:45 All-Camp Flag Ceremony
6:00 Dinner
7:00 Crafts with the Arts/Crafts Specialist
9:30 Get ready for bed (All-Camp quiet hour is 10:00 pm)

Make sure you bring a plain white t-shirt, pillowcase or anything else you would like to tie-dye or decorate. That's a very popular activity at camp!

If you have any questions, please feel free to call or email anytime!

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