



"I've never felt so accepted in my life!"

I've never seen anything like the love and support flowing at Shining Stars. On the first day of camp, new arrivals wanted nothing more than to go home, but almost immediately they felt completely at home there, and were already determined to return the next year.

Campers attend classes on nutrition, learn how to read food labels, receive psychological support and much needed exercise. The kids come to camp with their shoulders slouched from years of being the picked-on kid, but leave with their heads held high. I taught the girls how to apply makeup, and how important it is to present a good look. Something I did even when I weighed 500 pounds, because it kept hope alive for me.

Camp will be over when you read this, but as I write, the end is a week away. I am going to be a teary-eyed mess. I started packing some things to go home and the mere shuffling of boxes has opened up the tear ducts. In the days I went to camp, there was no Internet, Facebook or cell phones allowed. These kids are so lucky they have a built-in support system from the second they get home. I've lost weight here, but more important I have regained motivation and am ready to soar! I don't think Camp Shining Stars has seen the last of me.

If you know a kid who needs this kind of camp experience, please go to the web site campshiningstars.org or write me at winningafterlosing.com. I came to Camp Shining Stars with hopes of saving the lives of children. As things turned out, they saved mine!

Dear Ira,

I wanted to personally thank you for what you and Camp Shining Stars did for my daughter. She looks amazing! She is so excited about continuing her weight loss back at home. She reads all the labels and is very concerned about staying on track.

She made so many friends and even wants to come back next year.

Thank you again for transforming my daughter, and giving her the tools and knowledge to help her lead a more healthier life.

Sincerely,

D. Smith



Camp Shining Stars arrival & opening day: "Day one I was so nervous, now nothing can keep me away next summer, even my dog Tushy in the photo lost 1 pound."



about stacey...

Stacey Halprin is an author, actress and motivational speaker. After reclaiming her life by overcoming her food addiction, losing more than 350 pounds, and keeping it off for more than seven years. Stacey is on a mission to educate and motivate people to kick their unhealthy habits and dramatically improve the quality of their lives. She speaks across the United States and hopes to speak in other countries, as she feels eating addictions certainly do not only take place in her own back yard. Stacey's book, *Winning after Losing, Keep Off the Weight You've Lost Forever*, was released in Spring 2007. She is a popular guest on the Oprah Winfrey Show and had a leading role in "Dress Code," a film directed by Shirley MacLaine. For more information, visit Stacey at winningafterlosing.com.



Stacey with Camp Shining Stars kids, enjoying a day at Kings Dominion: "Got to cross something off my bucket list, had not been to an amusement park since I was 15 and now I could fit on the rides again."

Shining Stars Data

- In 6 weeks 95% of the campers lost more than 8% of their total body weight; and 60% lost more than 10 %
- Highest Female Percentage Weight Loss: 13.08%
- Highest Male Percentage Weight Loss: 13.88%
- Highest Weight Loss Female: 31.8 Pounds
- Highest Weight Loss Male: 51 Pounds

SOURCE: CAMP SHINING STARS