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MARCH 31, 2004

## NORWOOD

# Weight-loss camp promotes new lifestyle

## Change, not gimmicks, will help teens

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Of Suburbanite

This country has recently been inundated with diets promising quick and dramatic results.

Low-carb, Atkins and South Beach diets have been promoted, written about and tried by anyone looking for the missing secret to weight loss.

Tony Sparber, Norwood resident and founder of New Image Weight-Loss Camps, doesn't believe in these kinds of fad diets.

Sparber has found success for overweight children with other regimens. "Balanced diets, exercise and positive parental role models, are what's needed to lose weight and keep it off - not the latest gimmick being endorsed," he said.

And "stay away from fast food. You shouldn't even go into those places."

As a teenager, Sparber found himself 30 to 40 pounds overweight and lost it after going to his father's Weight Watchers camp.

This experience had a great impact on him and after going into business with his father, Sparber opened three of his own weight-loss camps.

"I find it very rewarding to help kids turn their lives around," he said. "It's quite gratifying and I wouldn't trade it for the world."

Sparber offers weight-loss help at his camps for kids eight weeks during the summer, but also provides nutrition

sessions and advice, personal training and after school programs for weight loss in the borough throughout the year.

At the camps, located in the Poconos, Florida, and California, Sparber and his staff teach the kids how to revamp their lifestyle into healthier eating and more exercise.

The programs at camp are designed for the children to lose three to four pounds a week, Sparber said. There isn't a big focus on the numbers read on the scale, but more on how to adopt a new way to live and eat.

Aside from losing weight at camp, he watches as the kids continually build their self-esteem up throughout the summer.

"They leave camp thinner and healthier, but also come out with a much better self-esteem."

Parents play a large part in keeping their children eating healthy and exercising, Sparber said. With computers and video games often keeping kids away from physical activity, he said that parents' actions are even more pertinent to keeping children fit.

In his house, Sparber doesn't allow computer or video games to be played during the week.

"Parents need to set a good example. Video games and the computer can become like a glorified babysitter."

Sparber recommends parents take their kids out to play instead of having them watch television or play video games.

Making sure healthy meals are packed for lunch and portion control is exhibited at restaurants are also important factors to staying healthy, he said.

The New Image camps are for 7- to 18-year-olds. "Seven is an appropriate age because you can indoctrinate kids at an early age and save them a tremendous amount of aggravation," according to Sparber. "These lessons can last a lifetime and if you wait too long it can become irreversible." ■



**NEW IMAGE CAMPS**

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