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## **Skyterra Wellness Retreat Offers Antidote to the “Freshman 15”**

### **Young Adult Life Prep Program Helps Grown-Up Kids Learn Stress Busting Skills**

Lake Toxaway, NC -- April 2016 – With a new routine, new surroundings, new friends and newfound freedom, the transition from high school to college and the work world is a huge leap. All you can eat cafeteria plans, snack machines, delivery pizza and all night cram sessions take their toll in this critical time of life. To help twenty-somethings navigate this transition, Skyterra Wellness has developed a Young Adult Life Prep program to help guests use summer break to re-set their lifestyle and learn skills that will help them make a healthier transition in the fall.

“Studies show that 70% of college students gain weight and that stress is a huge factor,” said Amber Shadwick, Skyterra Director of Operations. “At Skyterra Wellness, we’ve developed a program that focuses on efficient, achievable ways to improve fitness; a common sense approach to nutrition, and addressing one of the main roadblocks to wellness – stress.”

The Skyterra Wellness Young Adult Life Prep program includes all the fun of summer camp in the gorgeous North Carolina mountains plus outdoor classes, lectures, hands on demonstrations and a chance to recharge your lifestyle with other guests who share the same interests. For summer 2017 there will be five 28-day sessions between June 4 and July 2. Visit <https://www.skyterrawellness.com/events/young-adult-life-prep/> to sign up and learn more.

For more information call 1 (888) 248-7844 or visit [www.skyterrawellness.com](http://www.skyterrawellness.com)