



Fat Camp

Deborah Blumenthal

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Camp! Freedom, first kisses, summer fun...but not at Camp Calliope, a prison camp for the overweight. That's where Cam Phillips' parents have shipped her off to eat controlled portions, endure rigorous exercise, and sleep in a bunk full of girls who'd rather exchange recipes than ghost stories and gossip. Except for one cool girl from Texas, Faith Masters-who's normal enough to help her stay sane and temporarily replace her best friend, Evie. And then there's Jesse-the only thing close enough to drool-worthy on the camp's menu. Cam can totally relate to him, since his basketball-coach Dad sounds a lot like her perfectly thin, successful Mom. It looks like for the next eight weeks, only the issues (and not the food) on Cam's plate will be supersized.

Fat Camp Details

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From Reader Review Fat Camp for online ebook

Lillie says

I totally loved the book. I wish there was a sequel

Kaneesha Danae says

I liked the dialogue in this book. It read true to life and it flowed naturally. The characters felt a bit cliche, although that may just be me since I have no clue how people behave at fat camp. The biggest reason I gave this book only 3 stars is because I thought the author was saying "Oh, you're fat AND don't have a boyfriend? Go to fat camp where you can loose weight and hook up with a guy you may be romantically compatible with and discuss how being fat makes you feel"

I don't know. I may be reading too much into the dialogue, but I hated how Jesse and Evie's relationship seemingly centered on how they felt fat and weird next to their fit, successful families.

Siti Nur Ain says

To be honest, I started reading this book to distract and calm myself from the death of a character from the previous book that I read. I expected this book to be childish - which it kinda is, to me anyway - but it is also really engaging. Especially since I am trying to lose some weight myself, I enjoyed Fat Camp. Best thing about this book (to me)? It makes me feel more motivated to lose weight! I'm going for a run first thing tomorrow morning, for sure.

Jennifer Wardrip says

Reviewed by Me for TeensReadToo.com

For many teens, going off to summer camp is something of an adventure. There are new friends to be made, new experiences to try out, exciting adventures that await. For others, camp doesn't sound like such fun. And for a smaller, more rare group, summer camp is the equivalent to prison--especially for someone like Cam Phillips. She's being sent off for the summer to Camp Calliope, which is, for all intents and purposes, a fat camp. Her mother wants Cam to stop her "self-destructive" cycle, her father just wants to keep the family peace, and Cam, well, Cam doesn't seem to have much choice in the matter.

Ever since she can remember, Cam has been pudgy. When she was younger, it didn't really bother her, but now that she's a teenager and can see the repulsive way she looks in a two-piece bathing suit, she knows it's not the way she wants to live her life. But she's tried self-control, she's attempted Weight Watchers, she's even gone the route of self-bribery. Nothing seems to work for long, and now her parents have decided that a summer filled with controlled portions of food, plenty of rigorous exercise, and the fresh, clean air of the outdoors is just what she needs.

For Cam, though, Camp Calliope represents something else. What other group of people, anywhere in the world, is discriminated against like overweight individuals? And then, on top of the discrimination, are asked outright to change? So now it's no more french fries, no more ice cream, no more best friend, Evie, who is away at Tennis Camp meeting gorgeous instructors and equally hunky players. Instead, she finds the other camp residents to be a strange mix of overweight, underweight, and everything in between. There's Carla Valentine, who at 5'10" and 120 pounds seems like the least likely to need a fat camp. There's Summer, who is determined to succeed with her weight loss at any and all costs. There's Faith Masters, the only girl who Cam can imagine becoming friends with. And then there's the counselors, and the guy who takes them on hikes, and the one who oversees the rowing, and on and on and on. Last but not least, there's Jesse, the only boy that Cam might be attracted to. Girls and guys don't mix very often at Camp Calliope, but she just might be able to squeeze in some alone time with Jesse.

For Cam, going away to fat camp might not be what she expected after all. There might be weight loss, there might be a healthier style of living, but more importantly, she just might realize that looks aren't everything. For Cam Phillips, Camp Calliope might be filled with friends, fun, and adventure after all.

Erin says

I really adore this book. It's a subject matter I deal with daily without really thinking about it and I related to Cam. I knew those girls in camp - and yet, I didn't. I think the author captured a side of being overweight that people that aren't don't see. The story isn't cliche as well, which really helps, as it could have easily fallen into that.

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Carol Riggs says

This novel is a nice, quick, humorous read that deals with the serious subject of being overweight. There was a nice honesty to the book, and hits dead-on for this subject. At the end, there was a sweet parting scene where they all are about to leave the camp. I liked the campers/characters as they connected with one another.

Rachel says

This book is EXCELLENT. The title makes it seem like a weird book, but Cam's story is great anyway.

Jaime says

Bought this book in a clearance sale for my classroom library. It's a really quick read (I read it in a couple of hours) but does have a good message about being happy with yourself and not focusing on the outside. It does have a couple of swear words in it but besides that, it's a great book for pre-teens/teens

Sarah says

In Deborah Blumenthal's "Fat Camp" tells about all the drama's that go down between teens. Camp Calliope was a camp where most likely parents would send their overweight children to. Well one day, one parent decided to send their daughter, Cam, to this camp to control her weight, exercise, and the amount of food that enters into her body. Well Cam didn't want to go to this camp.

When Cam got to the camp she was nervous and scared because she wasn't really good at making friends. As she got there, a girl walked up to her and her name was Faith Masters. Faith Masters was her best friend through all of her time that she stayed at the camp. Faith Masters was a girl from Texas who really made Cam comfortable and able to enjoy herself at the camp. She also made her control herself about her eating habits because ice cream and French fries were her favorite food.

As Cam started to get used to the camp, she saw the cutest guy ever walk by her at the camp. His name was Jesse. He was the only reason she liked staying at the camp; a whole eight weeks. If he wasn't there she would be having an attitude the entire time just wanting to be home. Cam and Jesse were very similar and had a lot in common. As the weeks went on, Cam and Jesse started to come closer together and became more than friends. So in the end, Cam enjoyed her eight weeks of being at fat camp because she got the guy and she also lost the weight.

Rebecca McNutt says

This book wasn't bad, a little weird, but overall *Fat Camp* was a really original and creative book.

Erin says

This was a mildly entertaining book about a girl who goes to a summer camp to lose weight. Unlike most stories on this subject, the girl seems to gain maturity and insight over the summer and learns to be a happier person.

Helena says

its weird so u might not like it.

Crystal says

an okay read. it reminded me a lot of the show "huge". i really liked the ending where she was talking about the before picture and how she looked so sad vs. the way she looks in the mirror now. i can identify with that since i've been going through my own journey.

Jaedan says

I really like this book.
