

Shane Diet Resorts

FAQ

Who are our guests?

Men and women from 18 – 25 attend Shane Diet & Lifestyle Resorts from all over the world to experience the success its celebrated founder, Camp Shane, has had in helping young adults lose weight for the past forty years. Our guests are in college or young professionals who want to jump start their fitness routine and weight loss, make new friends, have a great time, and keep it all going after they leave.

Adult over 25 are also welcome to join us for weekly sessions to take advantage of all that Shane Diet has to offer. Enjoy the amazing services of Honor's Haven while following Shane Diet's effective and fun weight loss and fitness program.

Is Shane Diet a Spa Program?

Shane Diet Resorts is first and foremost a diet and lifestyle program. Our guests do not come for the spa services, but to lose weight, ramp up their fitness, all while having a terrific vacation. We are not a fancy spa and don't ask you to buy expensive creams, vitamins or special foods. This helps us keep the rates affordable and attract people in your age group – which makes the program so much more fun. We are pleased, however, to be able to offer a variety of spa services at the Resort's spa, including massages, facials and reflexology at discounted rates for when you do want that extra bit of pampering.

I haven't been exercising lately. Will I be able to keep up?

Each guest will have an initial fitness evaluation by a member of our fitness staff. The staff will help each guest do their best in the exercise and fitness program.

Is there a weight limit?

Shane Diet Resorts is perfect for those looking to lose a little or lot. Since we are not a medical facility, guests must be generally in good health and mobile. We recommend that you have a medical check up before joining the program if you are obese or have any health issues.

Should I stay for two weeks or longer?

For young adults, the minimum stay is two weeks. In that time you will truly experience the benefit of our program. Those able to stay for four weeks or longer will lose more weight and increase their fitness level.

For adults over the age of 25, the minimum stay is one week. During that time you will get a jump start on your weight loss goals and start a fitness program that you can continue doing when you return home.

Please call us to discuss your personal needs and we can help you pick the program stay that is right for you.

What is included in the cost?

The Shane Diet Resorts program fee is all inclusive and covers your room (for young adults, single, double or triple accommodations and for adults single accommodations, all depending on availability), all meals and snacks, a personal fitness evaluation, a highly supervised and fun activity program, interesting nutrition, cooking and exercise classes, and all taxes and gratuities. Excluded is transportation to and from the Honor's Haven, laundry and any special excursions such as to New York City, an evening out with your new friends or concert tickets to Bethel Woods. Spa treatments, golf lessons, and horseback riding are also not included but are available at special discounted rates.

How much weight can I expect to lose? We think our program is so good that you will participate in each activity and not stray outside the meal plan. With that commitment, you can expect to lose at least 2 - 3 pounds a week, depending on your current weight and fitness level. Many guests will experience higher weight losses.

Can you accommodate vegetarians, food allergies or special dietary needs?

We will offer vegetarian options at each meal and work with you to accommodate any food allergies or special dietary needs. We want you to enjoy the food and ensure the meal plan is successful for you. Please contact us to discuss any special needs before arriving at the Resort.

Is there a doctor on staff?

Should a medical emergency or need arise, Honor's Haven is just minutes away from the Ellenville Community Hospital on Route 209.

Does my medical insurance cover a stay at Shane Diet Resorts?

Medical policies vary greatly. It is our experience that most plans will not cover the cost of weight loss programs, but you should check with your own insurer.

What are the accommodations like?

For young adults, we offer single, double and triple accommodations, subject to availability. The rooms are lovely and spacious, with private baths. If you enroll for a double or triple room for more than one session, you may be asked to move rooms during your stay so that we can accommodate all requests for doubles and singles.

For adults over the age of 25, we offer single accommodations. However, if you would like to be matched with a roommate, we will make our best efforts to do so and will then be able to offer you the lower, double accommodations rate.

What time is check in? Check out?

Check in begins at 4 pm on the first day of each two-week session and, for the Adult program, the first day of each weekly session. Orientation begins after dinner on the first evening. Check-out time is 11 am on the last day of each session.

Traveling by plane?

If you will be traveling by plane, please note that our van service can only pick up at Newark Airport and you need to arrive before 2 pm. Return flights should be arranged to depart after 2 pm. If your flight schedule doesn't permit our van to transport you, there is bus and private car service available. Once you have your flights scheduled, please email us the flight information.

Can I bring my cell phone? Yes but we sure hope you won't have much time to use it because you'll be so busy enjoying our program. We recommend you not carry your cell phone during the day and restrict your use to evenings and periods when no activities are scheduled. There is also a phone available in the room.

How about my laptop? See cell phone use above! All the same guidelines apply. There is free wireless available throughout the Resort, including in the guest rooms. **Please note we do not guarantee wireless access or have a computer consultant available to help guests who have difficulty with their laptops.**

Can I bring my pet?

We love our pets too but unfortunately can't accommodate them at the Resort. For those of you with dogs, just think how happy they will be when you come home ready to take them on long walks and hikes!

Do I need a car during my stay?

No. We can arrange for transportation to and from Honor's Haven and will provide transportation for any outside programs and excursions. If you do bring a car, complimentary parking is available at Honor's Haven.

What should I bring with me?

The Shane Diet Resorts program is casual. Bring shorts, t-shirts, bathing suits, and workout clothes for the day and jeans, slacks, t-shirts, long sleeve shirts, sweaters and sweatshirts for after dinner. You'll need comfortable sneakers and hiking shoes, flip flops for the pool and spa, and a rain jacket. Don't forget a light backpack for excursions and a water bottle for every day. You might want to bring an outfit or two that is a bit dressier for any special evening entertainment. Pool and room towels will be provided. Flashlights for evening walks and umbrellas are a good idea. Leave the expensive jewelry at home and break out the fun, costume stuff though the Resort does have complimentary safe deposit boxes available in each room. And don't forget some books and your iPod. When you enroll, we'll send you a packing list.

Will I need to bring money?

Our program includes accommodations, all activities and classes, meals and snacks. Guests should bring a credit card if they intend to use the spa services, golf or take horseback riding lessons (all discounted) or take special excursions. You'll need some money for laundry and any personal items. You may also want to have some money for the occasional "evening out" to a local movie or restaurant where you can practice making good food choices with our staff's guidance and supervision.

Are there laundry facilities?

There are no laundry services at Honor's Haven but we will arrange for pick up and delivery of laundry at a reasonable price.

What spa services are available?

You will deserve a massage after an invigorating day or exercise and fun. Information regarding specific spa services available will be posted at the Resort during your stay. There is also a hot tub, sauna and steam room, all included in the cost of the program.

Is there television available?

Our dedicated lounge area has a large flat screen television and DVD player for watching movies and shows in the evening. The guest rooms also have televisions, though we hope you won't be spending much time in the room watching them!

Is smoking allowed?

All rooms and common indoor areas of Honor's Haven are smoke free. Smokers are limited to smoking in designated outdoor areas during free periods.

What will the weather be like?

The Catskills enjoy lovely weather all summer long. You can expect temperatures to range from the high 60's to the mid 80's, mostly sunny with occasional rain.