Isaac Bischoff, 14, a Coral Reef freshman, also made a return appearance to the camp. "I had a fatty liver and I had to learn to eat healthier. This program really helped. I lost 30 pounds and that will really make a difference."

But, more importantly, "the students learn how to take these concepts regarding their health — exercise, physical activity and nutrition — and apply it to their own daily habits," said Arlette Perry, chair of the Department of Kinesiology and Sports Sciences at the University of Miami.

That's why Fausto Rivera, 13, an incoming freshman at Coral Gables High, and Eric Richardson, 16, a Gables junior, are trying to master the mechanics of the jump rope on a steamy afternoon on the university lawn.

"This is the kind of exercise I didn't know about, but physically I have more stamina now," Fausto said between hops. The THINK program, he said, will help him succeed at soccer come the school year.

"I'm not staying home and being lazy, I'm out doing something instead," added Eric.