



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INSTILLING HEALTHY HABITS

Jonah's Camp Wabi testimonial EAU CLAIRE YMCA

After working at Camp Wabi as a counselor for the past two years, I have come to a realization: it is the most rewarding place on this earth. As a counselor this past summer, I have witnessed the momentous changes this camp can make physically, mentally and emotionally. At Camp Wabi, we strive to enrich ourselves in our minds, bodies and spirits, and in those two weeks, that vision is realized in each and every camper. All three of these things-- mind, body and spirit-- work in unison to create a person. And by acknowledging all of these things equally, we come out of camp as better people.

Every camper who went to camp had different reasons, mindsets, and challenges. But once here, we became one: a cohesive unit of individuals working together for a common goal: to become the best versions of ourselves. This objective was only attainable if we worked together. Without it, the individual struggle would have been too great; everyone needed the support and friendship of the people around them. That support was provided by everyone at Camp Wabi: the counselors, the cooks, the tremendous Mayo Clinic staff, and most importantly, the other campers. All, or most, of the campers had experienced similar things prior to camp, and so they were able to empathize with each other's challenges, and thus help each other become more positive human beings. At the end of camp, I was ecstatic to see the overwhelming positivity of the campers. The campers had come in with feelings of apprehension and shame and left with feelings of positivity and pride.



Camp Wabi is not just a fitness camp, nor is it a boot camp to whip kids into shape. Rather, it is a camp that strives to help these phenomenal kids realize their full potential. It is a camp that teaches them how to live a healthy, fun and wholesome life. It is a camp that truly helps these kids become the best version of themselves. The two weeks I spent at camp this summer were some of the best weeks of my life. I counseled, I taught, I learned, and above all, I had fun. At a final cabin talk at the end of the week, a camper exclaimed, 'This is the best place in the world!' with a serious, yet optimistic look on his face. I could not have put it better myself: this place is magical.