

**Mayo Clinic News Network**

**Title Camp Wabi – Date August 2014**

Intro: Kids Summer camp season may be winding down but, for one special group of campers, this may be just the beginning. Camp Wabi is a place where children learn to escape what could otherwise be a lifelong cycle of obesity. Here’s Dennis Douda for the Mayo Clinic News Network.

**Video**

**Audio**

<b>Total running time 2:20</b>	<b>/// NATS</b>
<b>Dennis Douda speaking</b>	Camp Wabi offers all the fun stuff kids might hope to find in the great north woods of Wisconsin; kayaking - swimming - archery –
<b>Avery Humes speaking</b>	<b>“I think this camp is amazing. I really love this camp.”</b>
<b>Dennis Douda speaking</b>	It also offers an opportunity for a transformation. Just asked camper Avery Humes’ who’s back for her second visit.
<b>C.G. Avery Humes Camper</b>	<b>“Yes, it has made a huge difference in my life. I have generally been more happier. I’ve been more healthier. I’ve been making a lot of friends. I’ve been really myself too. “</b>
<b>Dennis Douda speaking</b>	You may notice all the campers - are overweight. Or maybe you don’t notice, because obesity’s become such an accepted part of American society. So, a few years ago Mayo Clinic launched Camp Wabi in partnership with the YMCA of Eau Claire. Pediatrician John Plewa signed on as is the camp’s medical director in hopes of helping more children avoid a lifetime of medical complications.
<b>/// SOT @ 4:29 trt :11 C.G. Dr. John Plewa Mayo Clinic Pediatrician</b>	<b>“ All kinds of problems now that I didn’t see 20-years ago or 15 years ago that used to be adult problems. Now we have children with high blood pressure, with diabetes, with fatty liver disease, with cholesterol problems.”</b>
<b>Dennis Douda speaking</b>	One hour each day is dedicated to lessons presented by behavioral counselors. Campers learn about nutrition and the reasons we often over eat, like stress and boredom.
<b>/// NATS kids dressed for a skit</b>	<b>/// NATS</b>

<b>Dennis Douda speaking</b>	In this quick skit, 12-year old Matt Jacobs learned even well-intentioned loved ones can become - food pushers.
<b>Matt Jacobs talks</b>	<b>“Like if they’re at their grandma’s house and grandma gives ‘em cookies, they don’t have to eat all the cookies.”</b>
<b>C.G. Brian Moore YMCA Camp Director</b>	<b>“It’s how to survive in real life, how to get through the situations you’re going to be put into in a reasonable way that kids will be able to achieve.”</b>
<b>Dennis Douda speaking</b>	Sure the meals are healthier, lower in fat and sugar, plenty of fruits and veggies.
<b>///NATS</b>	<b>///NATS</b>
<b>Dennis Douda speaking</b>	But, mostly Camp Wabi is about having fun. And discovering that getting active and making smart choices can have very healthy benefits.
<b>C.G. Matt Jacobs Camper</b>	<b>“I can get a salad to be the best version of myself. Or I can drink more water or exercise just a little bit more and I like that lesson a lot.”</b>
<b>Dennis Douda speaking</b> <b>For more information on Camp Wabi:</b> <a href="http://mayoclinichealthsystem.org/locations/epsilon-claire/classes-and-events/camp-wabi">http://mayoclinichealthsystem.org/locations/epsilon-claire/classes-and-events/camp-wabi</a>	Finally, while weight is rarely mentioned here, it is interesting to note that, on average, campers lose 8-to-9 pounds over their 12-day stay. For the Mayo Clinic News Network, I’m Dennis Douda.

**Anchor tag:** Dr. Plewa (Plee-wah) says the kids who are the most successful have families that get on board and make healthy lifestyle changes too. By the way, all the campers go home with a yoga mat, a jump rope, a pedometer and exercise bands to make it easier for them to keep up their healthy routines.