



*Champions for Change Success Story: highlights changes a Champion has made in their community.*

*“What Champions for Change means to me is having a healthy long life by teaching my families to have better eating habits and being active for their better future”*

### **Tips from Champion for Change Beatrice G.**

*“I am a Champion for Change because I try to eat better by learning a few steps on how to cook and bake. I would like to show people how easy it is to eat healthy and still taste good”*

Champion for Change, Beatrice Gephart is an advocate for healthy eating and physical activity in her community.

She has made healthy lifestyle changes when her mother got sick and had to start doing dialysis. She had to follow a special diet for her mother and she also had to learn how to cook and bake from scratch, just the way she was raised in Mexico. She makes sure to check the nutrition fact label always. She tries to check out the sugar and salt content and tries to buy less frozen foods that usually contain so much salt. She puts exercises into her daily routine. She takes Body Flex and Zumba classes and goes hiking with her family and friends on the weekend. She goes swimming with her daughter every Friday. She also regularly attends Champions for Change meetings and connects with other Champions for Change to get new healthy recipe ideas and motivated to try something new.

She exchanges healthy recipes with her friends. She invites the neighbor kids and friends to the river and walks on the beautiful trails on the weekends. Many kids who live in her neighborhood have never enjoyed the beautiful trails. The kids really

appreciate the beautiful nature and enjoy being active.

She teaches her teenage daughter to have better eating habits and active lifestyle for her future so that she can pass it on to her kids. Champions for Change means to her having a long healthy life by eating healthier and being active.

Here are the tips from Champion for Change, Beatrice G. You too can become a Champion for Change!

- ❖ By learning a few steps on how to cook and bake
- ❖ By sharing healthy recipes that are easy to make and taste good with others
- ❖ By talking to families and friends about the beautiful trails in our community and inviting them out to the nature walk
- ❖ By having fun eating healthy and being active



This material was produced by the California Department of Public Health with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net).