

Jody Mangum

*Champion for Change
Crescent City, CA
Del Norte County*



“I am a Champion for Change because I have a passion for mentoring and helping people heal through my practice in Eastern Medicine and physical fitness”

Jody Mangum is a Lincenced Acupunturist and fitness instructor and a *Champion for Change*. She practices acupuncture and herbal medicine and teaches group exercise classes. She enjoys helping people to feel better through both pain and stress relief. Jody values herself and others in the community and maintains optimal health through her practices and organizing workout classes that are challenging, fun, effective and safe. Jody hopes to create an environment where everyone can have access to healthy and fun physical fitness classes and opportunities.

Jody lives a fun and active lifestyle. The physical activity she enjoys comes in many forms. From walking and yoga to Zumba to weight lifting, Jody encourages people to be active and have fun through her lifestyle and her practices.

Eating healthy is important to Jody. She takes care of her health by incorporating herbs and good nutrition getting enough fruits and vegetables in her diet. In addition, Jody believes and share positive energy through her practices and exercises.

Jody wants to help promote fitness and fun physical activity to the school-age children and community residents. She hopes to help people to fight obesity one workout at a time. Being a *Champion for Change* gives Jody an opportunity to bring about healthy change in her community through fitness demonstrations and holistic approaches of health.



This material was produced by the California Department of Public Health with funding from USDA SNAP-Ed, known in California as CalFresh 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.