

Victoria Ahuna

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



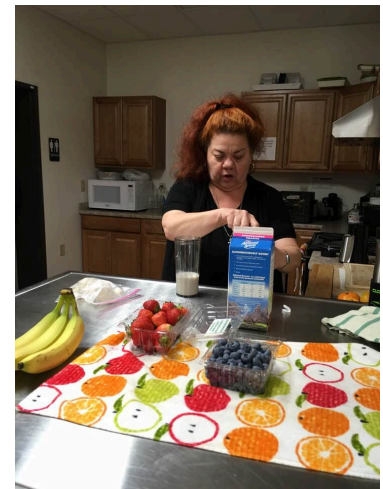
“I am a Champion for Change because I overcame a lifetime of obesity and digestive system issues, lost 100 lbs 15 years ago and have maintained my weight through lifestyle changes of healthy eating”

Victoria A. is an advocate for healthy eating and a *Champion for Change*. She lives by the example as a role model to her community by incorporating physical activity and a diet rich in fresh fruits and vegetables into her lifestyle. Victoria had struggled with obesity, health issues and a compulsive eating disorder till she made lifestyle changes to her eating pattern from a highly processed diet to one that is rich in fruits and vegetables.

Victoria loves gardening. She attends community garden workshops and does reserch on nutrition and gardening as much as she can. She also enjoy walking everyday for her physical and mental health.

Victoria has made many healthy changes to her diet. She eats whole food locally organically grown as much as possible and she grows her own food as well. These changes helped her to lose 100 pounds and have maintained a healthy weight for over 15 years. She believes that change is a life-long process. She still struggles with portion sizes. She will continue working on finding her balance on physical and mental health and seek for optimal health.

Victoria hopes to help more people to realize healthy benefits of eating real/fresh food and the dangers of eating highly processed foods through her stories and demonstrations on healthy recipes. Being a *Champion for Change* gives Victoria an opportunity to show others that change is possible through healthy lifestyle changes.



This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch 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.