

Keith O.

Champion for Change
Smith River, CA
Del Norte County



"I do my best to set a good example for others by staying active and eating healthy. I encourage people to take care of themselves and their environment."

Keith O. is a Champion for Change. He serves as a healthy role model in his community by choosing healthy foods and engaging in regular exercise.

Keith makes sure he eats a balanced diet full of fresh fruits and vegetables and drinks enough water to keep him in good health. He hopes that by doing so he will inspire others to follow his lead.

One of Keith's goals is to improve his community's access to fresh, local produce by starting a large vegetable garden at his workplace. His goal, which he hopes to accomplish this year, is to be able to share this food with families so that everyone is able to have access to fresh vegetables.

Keith enjoys being active. Hiking is one of his favorite past times because it provides him an opportunity to connect with the environment. Keith picks up trash while he hikes to help keep his community clean. He believes everyone should have access to a safe and healthy environment in which they can be active.

By being a role model, Keith hopes to motivate others to make healthy changes in their lives while also connecting with the outdoors. He wants to share the information he has learned about living a healthy lifestyle with his community by being a Champion for Change.



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.