

Ken Dobberpuhl

*Champion for Change
Brookings, OR
Del Norte County*



“I’m committed to daily movement practice and emphasizing uncontaminated-unprocessed foods like organic fruits and vegetables”

Ken is a prime example of the statement “practice what you preach”. He advocates for sustainable living and he accomplishes that in his own life with gardening, healthy eating and daily movement.

Ken considers health to be his number one priority so he uses techniques that include;

- Strength training
- Hiking
- Swimming
- Running
- Mobility/Flexibility
- Paddling
- Cycling
- Skateboarding

As well as playing the guitar and practicing permaculture gardening. This helps him to maintain balance for his mental, physical and spiritual needs on a daily basis.

After learning about the dangers of processed seed oils (corn and canola, which are in many processed foods), Ken decided to eliminate processed foods from his diet. As a member of the Permaculture Guild he has learned gardening skill to provide a large percentage of the fresh foods that he eats instead.

Ken has over 25 years of experience in holistic health. Through study and practice he has gained much knowledge. This knowledge is a gift he would like to invite you to explore so that you too can begin a journey towards health and self mastery.



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.