

Champion Chat

Trying New Things in the New Year

Winter Edition

Latonya's Journey to Better Health

What better time to try something new than the New Year? Champion Mom Latonya tells her story about how she tried something new by switching from sugary drinks to water. Latonya started making healthy changes when she found she had no energy to play with her children. Her first step started with changing her family's worst habit of drinking too many sugary drinks. She replaced them with water and began serving it at each meal and many times during the day.

Soon after, Latonya noticed her daughter's school was not offering the same healthy choices. She learned that her daughter could not take a water bottle to school to drink water during class. Through her work with the Champions



Champion Mom Latonya

Try something new and healthy in the New Year!

for Change Program Latonya felt empowered to ask changes be made. She met with the school principal and other school officials. Latonya told them about the importance of kids being able to drink plenty of water

and asked they let children bring water bottles into class. She explained that kids would no longer need to leave the classroom for water and this would strengthen the school's pledge to their student's health. The school agreed and Latonya is now working with the school to continue making other healthy changes!

Looking To Make Healthy Changes in Your Local School? Latonya Offers These Tips

1. First introduce yourself to the school principal as a Champion for Change. Start by setting up a time to meet with him or her about the healthy changes you would like to see made.
2. Ask the principal what steps need to be taken to begin making the change.
3. Speak with the parents. Attend parent gatherings such as parent-teacher association meetings and gain support for the change you want to make.





Highlighted Harvest: Kale – Did you know one cup of raw kale provides more than 100% of the daily value of vitamins A, C and K?

For a tasty and healthy recipe that uses kale check out [Nellie's Kale Soup](#) recipe at www.CaChampionsForChange.net.

Try out these great, mom-tested, tips!

Cold winter months can make it hard to stay motivated and be active. But Champions for Change across California are doing it and you can too!

- Turn up the music and dance! Just 10 minutes of dancing can burn up to 55 calories.
- The Champions for Change Program's [Power Up in Ten](#) can help keep you moving throughout the day. And, the moves are easy enough to do inside!
- Take a short walk every day. In bad weather, the mall is a great place to walk. Some malls even have walking groups you can join!

Did you know?

- People who drink one or more sugary drinks a day have a 26% higher risk for developing type 2 diabetes than those who do not drink sugary drinks or drink less than one serving a month.
- Eating fruit like blueberries, grapes and apples, may lower the risk of type 2 diabetes, but drinking fruit juices may actually increase your risk.
- Strong evidence suggests that children and adolescents who drink more sugary drinks have higher body weight than those who drink less.



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