

# Aracely R.

Champion Mom  
Inglewood, CA



*“A healthy life starts with changes made by you and me, and determines the well-being of our future, and our family’s future.”*

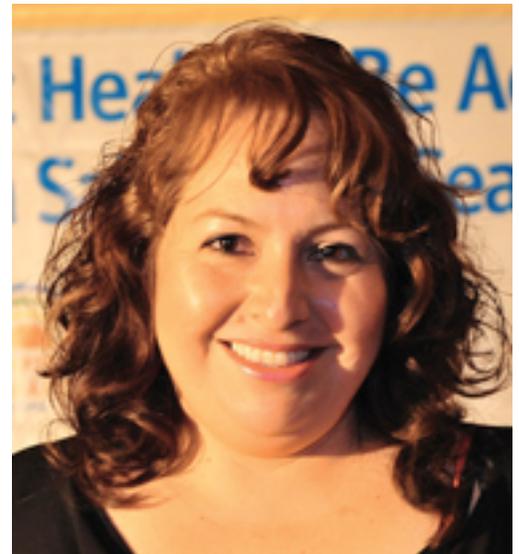
Aracely is passionate about breaking the cycle of obesity and diet - related diseases like Type 2 diabetes and high blood pressure that run in her family. Because of the healthy changes made to what her family eats and drinks, her children are growing stronger and healthier.

Aracely began to make healthy changes when the dentist told her that her kids had many cavities. She believed that if less healthy food and drinks she had been giving her kids to eat could hurt their teeth, then they could be affecting other parts of their bodies too. Aracely decided to learn more about nutrition and attended a Champions for Change event where she learned about healthy eating and the benefits of being active.

Since then, Aracely has continued to make healthy changes in her home. She changed the milk they drink from two percent, to one percent, and then to non-fat. She also replaced sugary drinks with water and lemon slices and always has plenty of ready-to-eat fruits available. Now Aracely’s kids ask her for apples, carrots and water to snack on instead of less healthy foods.

Because Aracely knows that regular physical activity is important to staying healthy, she keeps her family active every day. They enjoy taking walks and riding bikes together around their neighborhood after dinner. She also works to keep her kids involved in sports.

Aracely shares her successes with other parents she meets through her work with the Champions for Change Program at community workshops and events like Fruit and Veggie Fest. She enjoys helping others learn how small changes can result in big improvements in their health.



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](http://www.CaChampionsForChange.net).