

Maria Masedo

*Champion for Change
Richmond, CA*



“I am a Wellness Navigator because I want to change myself, my family, and my community.”

As a Champion for Change, Maria Masedo is a YES Wellness Navigator and one of the Be Smart Drink Water (BSDW) campaign’s strongest advocates.

Maria currently lives with type 2 diabetes and recently realized she needed to change her lifestyle and diet. Along with 11 other YES Wellness Navigators and Lifelong Health Promoters, she decided to take the 30 Day Challenge.

The 30 Day Challenge was created by the YES Community Wellness Coordinator, Tana Monteiro, after hearing about the testimony of an obese woman who needed to lose 150 pounds. The woman tried a variety of diets, but did not have any success losing weight. She then decided that the one thing that she could change was her consumption of sugary drinks. She stopped drinking juice and soda completely and started walking every day and over the course of two years, she was able to lose the 150 pounds.

Inspired by the woman’s story and everything she had learned through BSDW, Tana introduced the idea of the 30-Day Challenge to Maria and the other YES Wellness Navigators. In February 2014, Maria decided to make the 30-Day Challenge a lifestyle change and to this day she has not had a sugary drink. Maria has lost 30 pounds and counting!

Maria shares her story and what she’s learned with the community. She participated in train-the-trainer programs as a part of the YES Wellness program and is now a health promoter and a nutritionist/chef for the 18 Reasons Cooking Matters program. Maria teaches a 6-week cooking class every other month at Richmond community centers and schools. She has also led the Rethink Your Drink training for Richmond community groups and schools and is inspiring her community through her own lifestyle changes.



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