

# Champions for Change



When my children grow up, I want them to know how to be healthy.

Patricia M.  
Champion for Change

## Education

I did not grow up knowing about healthy foods. Now I am learning and sharing all that I can about healthy choices.

## Daily Decisions

Before I buy or eat something, I read the label to make sure that it is not full of salt, sugar, or fat. I now buy more fruits and veggies.

## Making Fitness Fun

Music gives my family energy and inspires us to be more active. We run, jump, play, and dance together for better health.

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Santa Clara County  
**PUBLIC HEALTH**