

# Champions for Change



The better we eat and the more we exercise the better our chances are of staying healthy.

Jorge S.  
Champion for Change

## High Cost of an Unhealthy Lifestyle

We pay a very high price for inactivity and poor diet. That price is our good health and subsequent diet related chronic diseases.

## Take Control of Your Health

As a Champion for Change, I take control of my health. I keep a healthy weight, and watch my cholesterol and blood pressure.

## Enjoy Health

I encourage everyone to make healthy choices so they can enjoy life to the fullest.

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Santa Clara County  
**PUBLIC  
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