**Champions for Change – Reverse Food Truck**

*On-screen:* [Reverse Food Truck with Dr. Zoey and Richard Goore. Champions for Change.]

*Speaker: Richard Goore, Co-founder –* The need in Sacramento is tremendous to bring healthy foods to people that don’t get them regularly.

*Speaker: Dr. Zoey Goore, Champion Mom –* Unfortunately, Sacramento is a particularly difficult area for folks living at the poverty level and below the poverty level to access fresh fruits and vegetables as well as healthy food in general. Families with little means have difficulty going shopping and getting to areas that have fresh produce. The Reverse Food Truck is a community project and it serves the greater Sacramento community in an effort to collect produce and healthy foods to be donated to local hunger relief efforts.

There was one day that we brought food to a local school that 100 percent of the children who attended that school are free or reduced lunch eligible.

*On-screen:* [If at any time you have pain or shortness of breath, stop and consult a doctor.]

Crunches strengthen abdominals and other core muscles; they help with things like getting out of bed and support your lower back.

Don't forget to focus on keeping a neutral spine every time you exercise. Check out our neutral spine video. First, lie on your back with your feet resting on the floor, or on a chair, and your knees bent at a 90 degree angle.

*On-screen:* [90 Degrees.]

Place your hands behind your head and relax your neck. Your elbows should be pointed out towards the side through the entire exercise. Tighten and use your stomach muscles to lift your head and shoulders off the floor about 3 to 4 inches.

*On-screen:* [3-4 inches.]

Remember not to tuck your chin to your chest. This helps keep a neutral position.

*On-screen:* [Hold for 2 seconds.]

Hold for two seconds. Slowly lower your head and shoulders back to the start position for one full repetition.

*On-screen:* [8 to 12 reps = one set.]

Do 8 to 12 repetitions for one set. Increase the number of sets as you get stronger. To add a boost to this work out, twist your torso as you lift your shoulders off the ground so your left elbow reaches towards your right knee. Repeat with your right elbow towards your left knee.

*On-screen:* [Get recipes and tips at CaChampionsForChange.net.]

End of: Champions for Change – Reverse Food Truck Video.

Video duration: 1:44