**Champions for Change – Testimonial Interview Angela**

*On-screen:* [A new family legacy. Champions for Change™.]

*Speaker: Champion Mom, Angela D.* –We have a big family.

*Speaker: Dashanae D. -* But we are a very close knit family.

*Speaker: Betty P. -* Very close! Yes, when we are here together it’s chaos. Yes, wonderful chaos.

*Speaker: Dashanae D. -* Recently what changed and just started doing was more exercising, changing our eating habits a lot, less salts, less sugars, not a lot of juice, more water intake. Yeah no fried foods.

*Speaker: Champion Mom, Angela D. -* We grew up on fried foods and then you notice that once you get away from that we had all this extra energy to get up and just really do stuff. Get up early instead of late, you know because that fried food, that heavy food, that southern food, we used to do it really, it could weigh you down.

*Speaker: Dashanae D. –* That was kind of our tradition, like we, like everyone brings fried chickens or their favorite meals but now we’re kind of doing sort of a health thing, we’re kind of changing our traditions.

*Speaker: Champion Mom, Angela D. -* We started baking them a different way, we season it well and the girls are catching on. They didn’t want to at first, but everyone is on board for now and so it works better for us. What I do is put a little lemon juice and then cut these onions and I put it in a foil and bake it, she loves it.

*Speaker: Betty P. -* She has a special way to cook, to cut a potato in half and put fish on it and put it in the oven. And it’s good.

*Speaker: Dashanae D. -* We’ve changed from the fried chickens and more vegetables now and everyone’s kind of getting involved and no more heavy foods, let’s do lighter foods, like salads, it’s becoming a new tradition. We’ve also stopped drinking soda so much. We drink a lot more water, a lot of fruit juices, a lot of vegetable juices. That’s what we’ve done. It’s helped a lot actually.

*Speaker: Betty P. –* The benefit is for me, as for them, to be happy that I’m doing what they think best for me and I think it’s best for me also.

*Speaker: Champion Mom, Angela D. –* I started eating better and doing the exercise with my girls and I noticed the weight was just coming off and I started to look like Angela again, I like that.

*On-screen:* [For more tips and healthy recipes go to Champions for Change™.]

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End of: Champions for Change – Testimonial Interview Angela Video.

Video duration: 2:11