

February 24, 2011

I want to thank Health Education Council for all of the support and representation for building healthy communities one family at a time. Due to a training I received from the African American Campaign – a program of Health Education Council – my life has changed. My name is Mark Jacobs and I am Executive Director of Our Kids' Community Breakfast Club and Director of Youth Xplosion, www.yxpunite.org.

During the fruit, vegetable and physical activity toolkit-training that I received from the African American Campaign, I learned how far off the mark I was. I did not know strawberries are highly filled with anti-oxidant as blueberries. Nor did I know that Sweet Potatoes were flooded with Vitamin A and C; and also, have a descent source of fiber. These are examples of many things I learned during the training provided by the African American Campaign. Most of all, the training was fun, engaging and a very necessary tool to have and use in the war against obesity, heart disease and other related complications. I now feel empowered to save more lives through health education and I also chose to be an example.

Since the training, that was offered, Saturday, December 5, 2011, I lost 15 pounds. I have more energy than before. Those who are close to me noticed how different I look. I now use my healthy transformation as leverage to advocate for a healthier lifestyle among those who participate in Our Kids' Breakfast Club program. My personal transformation also makes it easier for me to empower families to pursue a lifestyle of healthy eating and active living.

I would like to thank Macellina Amonoo for helping to organize our initial training with the African American Campaign and the great education she provided during the training. Her power point slides really supported what she was saying. I would also like to acknowledge Yemanya Napue for the energy and passion she has in this field. She really had a strong affect on me to make a change immediately. I never met anyone who has had the level of compassion about eating healthy as she has. I personally made a commitment to transfer that energy to others and to be an example. Big props to Cynthia Robinson for leading such a needed cause. You really gave a great program overview to Dr. Marlena Uhrik and me.

All of you are a great team and very complementary of each other. I am glad our paths crossed.

Thank you for adding more years to my life and empowering me to help others become empowered as well.

Best Regards

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