



What students are saying that participated in the International Fitness Diplomats events. The question was” **Did you change your eating habits after the event”?**

I have lost 7lbs that same week, I cut down on my deserts, I also cut down on my gravy-covered chicken

Sophia Thomas

I have lost a couple of pounds and my mom is helping me!!!

Christopher Lopez

Yes, because he said things about breakfast, lunch, and dinner so I changed.

Vanessa Perez

Yes, I’ve been eating a lot of fruits and eating breakfast everyday.

Ray Gonzalez

Yes, I eat a lot less rice and fried chicken.

Vnayla Reynoso

I eat less and I don’t eat late at night.

Christian Resto

Yes, I eat less food than I used to and I eat more fruits.

Normar Rodriguez

I’ve been eating healthy foods like oatmeal, fruits and special K

Imani Murray