



Jacob Vasquez
Alliance for a Healthier Generation

Link: <http://www.empowerme2b.org/jacob-vasquez-11-texas>

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Interviewer: Lauren McNew

- Can you tell me a little about what you do?
 - Alliance for a healthier generation, we are 25 kids all over America; we come together and try to stop childhood obesity.

- How do you do that?
 - We go around to certain events and sometimes start our own events, we talk with kids about how gardening and staying healthy can really help your body

- What do you do at home to stay active or eat healthy?
 - You really have to practice in front of the mirror sometimes to know what you're going to say and also you have to be a role model. So I practice speaking with my sisters and we also have to stay healthy at the same time, me and my sisters play outside. We play football we play basketball and soccer and you also have to eat healthy foods, so me, my parents, sisters and other family, we talk about being healthy and other things that can really help your body.

- Do you garden at home?
 - We tried gardening at home but the area we live in isn't the best for gardening.

- How do you feel about your activity level at school?
 - There are different parts at my school, athletics and P.E., P.E. gets a lot but athletics gets more as they are suppose to be more constructed into young people.

- Do you see that as a problem or do you think that it's okay?
 - It's okay because it takes what's interesting and what is, some people like football and some people just want to ride a bike and get the same exercise but with their interest.

- How do you feel about the lunches at your school?
 - The lunches at my school are very good, there are some things that are off but that's okay because they are thrown in with vegetables and fruits.

- Is this something you and your friends do together? Staying active and healthy?
 - My friends from all over America yes, but my friends from San Antonio... some have interest in living healthy and some just want to live their lives.

- Does that ever upset you? That some of your friends are not interested in what your passionate about?
 - It really doesn't upset me as in they will eat healthy sometimes and they will exercise a lot. So they are really kind of like babies starting up the stairs.

