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**Cesar Becerra** is truly an inspirational speaker who energizes and motivates people with diabetes to better manage their own condition *and* encourages those of us who work with persons with diabetes to continue to strive to do better.

I have had the opportunity to work with Cesar on two public speaking occasions. The first was at our annual offering with the local American Diabetes Association, *Diabetes Connections*. Cesar and Maud spoke to approximately 500 persons with diabetes about how a person who was admittedly "allergic to exercise" could end up hiking over 2100 miles on the Appalachian Trail. **What an inspirational story!** Cesar was not an athlete who prepared for years and years to make this journey. Cesar was an average man who took his diagnosis of diabetes very seriously. He knew he needed to change his lifestyle in order to live well with diabetes. He not only began preparing to do this tremendous hike but also devised a plan to raise money for The American Diabetes Association and The Juvenile Diabetes and Research Foundation along the way. At *Diabetes Connections*, Cesar gave a presentation that was simply outstanding. Cesar is entertaining, dynamic, heartwarming and informational in his approach. He convinced 500 people that day that they too could start an exercise program and be successful!

The second speaking engagement was to Bayer Diagnostics Diabetes Products sales force at their annual meeting. Cesar presented himself as a person, living with diabetes, who could use the testing products anywhere. He was able to show them the human side behind their products and to inspire them to continue to provide the best of these very necessary tools of diabetes management. Cesar had the crowd laughing, crying and laughing again before they ended with a standing ovation.

Cesar is one of those rare treasures that inspire all who meet him. As a diabetes educator, I use his story to motivate my patients. Patients are intrigued and amazed by his story and it has very powerful results. His message, delivered in person, is powerful to the nth degree!

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