

Vanessa's Questionnaire



- 1) What is your favorite food?
Tacos are my favorite

- 2) What is your least favorite food?
Cabbage and raw onions

- 3) What exercises or habit do you enjoy that helps you to be healthy?
I like being outside, biking, swimming and kayaking

- 4) What type of music do you like to listen to when you exercise?
Rock, classic rock, alternative, anything upbeat!

- 5) What is your greatest fitness related achievement?
Pull Up's have always been a huge challenge for me. I can finally do 3 which is a big achievement

- 6) What is your favorite (somewhat) healthy dessert?
Froyo- Frozen Yogurt

- 7) What is one obstacle you personally have to overcome to be healthy?
I love sweets

8) How do you get through that obstacle?

A lot of willpower

9) Why do you resolve to be healthy?

For my family and so I can continue to do the activities I love to do.

10) What advice do you have for others who would like to be healthy?

The body achieves what the mind believes!