1) What is your favorite food?
Grilled ham, cheese, and jalapeño sandwich with tomato soup

2) What is your least favorite food?
Anything drowned in grease

3) What exercises or habit do you enjoy that helps you to be healthy?
I enjoy canning, gardening, cutting wood and raising animals for food

4) What type of music do you like to listen to when you exercise?
Death/Heavy Metal

5) What is your greatest fitness related achievement?
Being consistent enough to see fast results in a fitness program

6) What is your favorite (somewhat) healthy dessert?
Dark chocolate and peanut butter

7) What is one obstacle you personally have to overcome to be healthy?
Drinking less soda
8) How do you get through that obstacle? 
Juicing and by drinking more water

9) Why do you resolve to be healthy? 
Because I feel and look better after I do, I have more energy

10) What advice do you have for others who would like to be healthy? 
Live life one day at a time, being healthy does not happen over night it’s a life style change.