

## Desteny Meyers



- 1) What is your favorite food?  
**Grilled ham, cheese, and jalapeño sandwich with tomato soup**
- 2) What is your least favorite food?  
**Any thing 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.