1) What is your favorite food?
   Steak, baked potato, salad

2) What is your least favorite food?
   Liver

3) What exercises or habit do you enjoy that helps you to be healthy?
   Aquatics

4) What type of music do you like to listen to when you exercise?
   Something upbeat

5) What is your greatest fitness related achievement?
   Have been teaching the aquatic class for 11 years and plan to keep it up for the years ahead.

6) What is your favorite (somewhat) healthy dessert?
   Low fat cheesecake with either cherries or blueberries on top.
7) What is one obstacle you personally have to overcome to be healthy?
   High cholesterol.

8) How do you get through that obstacle?
   Eat the right foods, exercise and take my medicine every night.

9) Why do you resolve to be healthy?
   I am already a “senior” and would like to live a good and healthy long life.

10) What advice do you have for others who would like to be healthy?
    Exercise and keep a healthy diet.