

## Sharon Peters



- 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.