

## Walt Kennedy



- 1) What is your favorite food?  
Spaghetti with meatballs
  
- 2) What is your least favorite food?  
Duck
  
- 3) What exercises or habit do you enjoy that helps you to be healthy?  
Running outside throughout the year at different locations: City or country side- Trail or road. Also enjoy both Cross Country skiing and down hill skiing which helps me to get outside more during the winter months.
  
- 4) What type of music do you like to listen to when you exercise?  
Up beat/up tempo songs-Old to new music
  
- 5) What is your greatest fitness related achievement?  
Running the Boston Marathon and running road runs with my family.
  
- 6) What is your favorite (somewhat) healthy dessert?  
Yogurt

7) What is one obstacle you personally have to overcome to be healthy?  
Binge eating/ eating to fill a void

8) How do you get through that obstacle?  
Slow down, try not to eat on the run and allow myself to eat smaller amounts of the many choices.

9) Why do you resolve to be healthy?  
I value a high quality of life and hope to be able to do the things I want to do when I get older.

10) What advice do you have for others who would like to be healthy?  
Think of small steps that you can make to improve and track your success. An exercise calendar helps me to track my accomplishments and allows me to compare with previous years.