1) What is your favorite food?
   *Ham & Pineapple Pizza*

2) What is your least favorite food?
   *Microwavable dinners*

3) What exercises or habit do you enjoy that helps you to be healthy?
   *Weight training and team sports to stay physically active*

4) What type of music do you like to listen to when you exercise?
   *Alternative, rock, hip hop and techno*

5) What is your greatest fitness related achievement?
   *Dropping 50 lbs in 7 months*

6) What is your favorite (somewhat) healthy dessert?
   *Tropical Smoothies*

7) What is one obstacle you personally have to overcome to be healthy?
   *A minimum of 3 hours of cardio a week and 7~8 hours of rest each night.*

8) How do you get through that obstacle?
   *No procrastination and acting on my choice to follow through*
9) Why do you resolve to be healthy?
   *I resolve to be healthy for self-confidence mentally and physically. It also takes a lot of energy to keep up with my daughter.*

10) What advice do you have for others who would like to be healthy?
   *Fitness is a lifestyle and a positive attribute to yourself.*