Charlie’s Questionnaire

1) What is your favorite food?
   High protein meals, vegetables and fruits

2) What is your least favorite food?
   Fast Food

3) What exercises or habit do you enjoy that helps you to be healthy?
   Lifting weights, basketball and staying busy.

4) What type of music do you like to listen to when you exercise?
   Hair Nation Rock N’ Roll

5) What is your greatest fitness related achievement?
   My physique, overall athlete

6) What is your favorite (somewhat) healthy dessert?
   Fruit smoothies

7) What is one obstacle you personally have to overcome to be healthy?
   Eating healthy foods

8) How do you get through that obstacle?
   Meal Planning
9) Why do you resolve to be healthy?
   For me and the way I feel.

10) What advice do you have for others who would like to be healthy?
    Just do it