

Arionna's Questionnaire



1) What is your favorite food?

My absolute favorite food is Chicken Fettuccine Alfredo.

2) What is your least favorite food?

I do not like onions at all.

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

I love drinking lemon water and making sure I get my 10,000 steps in daily.

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

I listen to rock when I exercise. It always pumps me up.

5) What is your greatest fitness related achievement?

Losing 20 pounds and squatting 200 pounds 😊

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

Yogurt Parfaits.

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

I'm not a big fan of cardio, so it takes motivation to get it done.

8) How do you get through that obstacle?

I remind myself that I really need it to be healthy. I make sure I go for walks and use the elliptical when I can!

9) Why do you resolve to be healthy?

I think it's extremely important. I believe the healthier you are physically, the healthier you are mentally. It's just an overall great feeling.

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

Every so often, make small changes in your lifestyle. Such as drinking more water, eating more veggies, and going for longer walks. It's better to ease yourself into a lifestyle change than to go for it all at once.