Vanessa’s Questionnaire

1) What is your favorite food?
   *Tacos are my favorite*

2) What is your least favorite food?
   *Cabbage and raw onions*

3) What exercises or habit do you enjoy that helps you to be healthy?
   *I like being outside, biking, swimming and kayaking*

4) What type of music do you like to listen to when you exercise?
   *Rock, classic rock, alternative, anything upbeat!*

5) What is your greatest fitness related achievement?
   *Pull Up’s have always been a huge challenge for me. I can finally do 3 which is a big achievement*

6) What is your favorite (somewhat) healthy dessert?
   *Froyo- Frozen Yogurt*

7) What is one obstacle you personally have to overcome to be healthy?
   *I love sweets*
8) How do you get through that obstacle?
   A lot of willpower

9) Why do you resolve to be healthy?
   For my family and so I can continue to do the activities I love to do.

10) What advice do you have for others who would like to be healthy?
    The body achieves what the mind believes!