

Jaden Harman



1) What is your favorite food?

Refried Beans, yep stay away from me for days after!

2) What is your least favorite food?

Well, I would have to say black olives, because these are the most common roadblock when I eat a supreme pizza and nachos. Funny story...so my dad used to threaten us by saying we're going to have beats for dinner. So, from a very young age I was terrified to eat beats until one day enjoying Ruby Tuesday's salad bar, I decide to try some, and guess what I loved the taste of them! To say the least I called my dad right away to scold him for ingraining the distastefulness of this delicious/high nutrient veggie.

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

I love Mountain Biking in the forest on single tracks, but the sad thing is that I haven't done it once this year! So, more regularly I enjoy running through the trail system in Mt P.

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

I'm actually not typically a big music listener when I exercise, I like to get in my own zone to think and pray. However, when I'm on a long run I enjoy some worship music. It helps me to be energized with life for the long haul run and it gives me an extra kick in my step when I think upon the Lord and His goodness.

5) What is your greatest fitness related achievement?

One of my most memorable fitness achievements is when I finished the 15.5 mile race at the Grand River Bank Run in Grand Rapids. I wasn't fully prepared and was injured for a month, 2 months prior to the race, but I experienced a "runners high" like never before! With about 100 yards to go I celebrated by shouting at the top of my lungs.

Unfortunately, I almost died in the last 50 feet of the 81,840 feet race by expending all my air in my lungs when I was celebrating. It felt great to be done!

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

Dove dark chocolate. It has antioxidants in them! So I can eat as much as I want, right? Not so fast, unfortunately I heard about a study that people should only eat a bite size amount of dark chocolate for antioxidants.

After that the calories start to add up!

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

Sometimes, I lack motivation. But most of the time it's because I am active naturally through being a wrestling coach and a boot camp instructor. It's tough to make time for my own enjoyment of intentional exercise.

8) How do you get through that obstacle?

As far as motivation...I remind myself how much better I will feel after I'm done and it's worth it to keeping me healthy. So, I guess, I stop the negative thought and get myself talked into doing it!

9) Why do you resolve to be healthy?

I believe we were given bodies to steward well and keep healthy. We don't know when we're going to die. But, until then I want to honor the body that I have been given by having a good balance of being healthy.

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

Get started, don't delay. Start taking simple steps. Make exercise a time for your own self enjoyment. Don't think it as something you got to do, but as something you enjoy doing and you're doing for yourself. And

especially focus on the positive things that you get out of exercise; like more energy, less stress, and sleeping better. Don't focus on weight loss; it will come when you begin to enjoy doing it daily and making it a lifestyle.