

E-Newsletter Questionnaire

1) What is your favorite food?

I love golden tacos! (fried flour shell tacos)

2) What is your least favorite food?

sauerkraut

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

I like to play softball. I like to walk everyday for about 45 minutes.

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

I don't listen to music because I like to use that time to read something.

5) What is your greatest fitness related achievement?

Shortly after starting college, I tried out for the softball team and earned a softball scholarship.

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

I love banana cream pie!

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

I try to fit in some kind of cardio workout everyday for about 45 minutes.

8) How do you get through that obstacle?

I usually walk on a treadmill and do my studying at the same time.

9) Why do you resolve to be healthy?

I like being fit. It gives me energy and keeps me very active and so I feel very good about myself.

10) What advice do you have for others who would like to be healthy?
I think that everyone should make it a point to get in some kind of physical activity for atleast 30 minutes everyday.