

## Diane Faix



- 1) What is your favorite food?  
Lasagna with meat sauce.
- 2) What is your least favorite food?  
Liver and sauerkraut
- 3) What exercises or habit do you enjoy that helps you to be healthy?  
Walking
- 4) What type of music do you like to listen to when you exercise?  
Old time Rock n Roll from the 70's
- 5) What is your greatest fitness related achievement?  
My job. Especially working with elderly and special needs clients.
- 6) What is your favorite (somewhat) healthy dessert?  
Weight Watchers-Toffee Ice Cream Bars.
- 7) What is one obstacle you personally have to overcome to be healthy?  
Trying to find more time to exercise/strength train.

8) How do you get through that obstacle?

I exercise right along with some of my clients.

9) Why do you resolve to be healthy?

So I can live comfortably and be healthy in my elder years.

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

Come to the Nimkee Fitness Center! Ask one of our personal trainers to help you get started with a personalized program, participate in a group exercise class or join one of our incentive programs.