

Jayme Green



- 1) What is your favorite food?
It's a tie between blueberry waffles and over easy eggs.
- 2) What is your least favorite food?
I'm a very picky eater but I'd have to say my LEAST favorite is shrimp.
- 3) What exercises or habit do you enjoy that helps you to be healthy?
I love to dance. So I really enjoy teaching Zumba class. It's a great workout and so much fun. I also like to run.
- 4) What type of music do you like to listen to when you exercise?
Anything with an upbeat tempo, especially Latin music.
- 5) What is your greatest fitness related achievement?
Teaching fitness classes and seeing how much enjoyment and what a great workout everyone is getting.
- 6) What is your favorite (somewhat) healthy dessert?
Fruit Pizza! So the crust is a sugar cookie, there's still fruit on it 😊

7) What is one obstacle you personally have to overcome to be healthy?
Finding the time and motivation to exercise. With a baby at home (sleepless nights) it's hard to find time and motivation to get on the treadmill.

8) How do you get through that obstacle?
I try to take Fitness Leave during the day. On weekends I try to do some exercises at home with my baby.

9) Why do you resolve to be healthy?
The way it makes me feel. When I'm healthy, I'm happy. I also resolve to be healthy for my husband and baby.

10) What advice do you have for others who would like to be healthy?
The hardest part of starting any healthy habit is STARTING. Find a friend/spouse/co-worker that can help you start exercising and help each other stay on track.