Adeanna Sexton's Questionnaire

1) What is your favorite food?
Veggie stir fry with Thai peanut sauce over brown rice.

2) What is your least favorite food?
It would have to be anything super oily or deep fried. These types of foods don't settle well in my stomach.

3) What exercises or habit do you enjoy that helps you to be healthy?
I love to sweat every day. Exercise is a passion so I make sure to run every day and incorporate strength training and a cardio training session 6-7 days a week.

4) What type of music do you like to listen to when you exercise?
Anything with an upbeat tempo; I love music, it helps move me.

5) What is your greatest fitness related achievement?
About a month ago I completed my first 10 mile route running at a 9 min 32 sec pace per mile. This is the longest distance I ran so far and it was awesome.

6) What is your favorite (somewhat) healthy dessert?
Banana pudding with Nilla wafers at Thanksgiving.

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

Weight was a huge obstacle. I have lost 70 lbs and I am the active person I used to be. I had to force myself out of my comfort zone to start my journey and I have been doing great ever since.

8) How do you get through that obstacle?
Being in an area where I didn't really know a lot of people, exercise at Nimkee kept me busy. Once the first 15 lbs came off, the motivation just kept coming and now exercise is a daily routine.

9) Why do you resolve to be healthy?
It is important to me to set a positive example for my children and people in my community. It's important for me to show my children and those who surround me that with determination, you can succeed at any goal you set.

10) What advice do you have for others who would like to be healthy?
I had to step out of my comfort zone. I had to get an assessment and use the gym as a tool. Nimkee Fitness is a sanctuary to me; it's a place to sweat away my everyday stress. It's a tool given to this community. Put it to your best use. The staff here will support you 100% of the way!