

Andrew (Bear) Raphael Questionnaire



- 1) What is your favorite food?
Taco Boy
- 2) What is your least favorite food?
McDonalds
- 3) What exercises or habit do you enjoy that helps you to be healthy?
Running
- 4) What type of music do you like to listen to when you exercise?
All 50's,60's,70's,80's,90's
- 5) What is your greatest fitness related achievement?
Being in shape. Becoming the assist and scoring leader in the Tribal Basketball League.
- 6) What is your favorite (somewhat) healthy dessert?
Kiwi Fruit
- 7) What is one obstacle you personally have to overcome to be healthy?
My mind
- 8) How do you get through that obstacle?
Convince my mind that I can do it.

9) Why do you resolve to be healthy?

For my kids

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

Change the mind set the body will follow.