Healthy Role Model Interview --- Dr. John Zak answers questions about his commitment to lead a healthy lifestyle

1. **Do you set specific goals? Broad goals?**
   He watches his weight with a balanced diet and participates in physical activities. One specific goal is to never need medications for his health, like blood pressure meds, etc.

2. **How long have you been active in your healthy lifestyle?**
   He began to focus on his healthy lifestyle when he was in graduate school in the 1970’s. His field work required him to be physically active.

3. **Do you find that making healthy decisions comes naturally to you or is it a conscious effort?**
   It is an effort, but there is an awareness of everyday decisions in our society today. We are influenced by our surroundings. He would ride his bike everyday to work, but bike lanes and traffic are an issue in Lubbock.

4. **How do you balance work, healthy eating, physical activity, and other personal priorities?**
   He organizes his time. Exercising is a priority. It is placed permanently on his schedule everyday.

5. **What recommendations do you have for someone who is trying to make improvements in their food choices or physical activity?**
   He recommends finding a partner or group. Dr. Zak has gathered a group of faculty, staff, and his graduate students from the biology department to workout with him. He encourages it among the people who surround him.
Extra Notes: His workouts consist of some type of aerobic activity and resistance training. His favorite form of exercise is weight training. His typical sack lunch brought from home consists of a piece of fruit, raw veggies, ½ of a sandwich on whole grain bread with some type of roasted meat.