



Name	Betty Tremblay
Age	N/A; security clearance required... okay, I'm 64
Hobbies	reading, writing, crocheting, watching the Bruins
I deal with stress by...	finding the humor, walking away, praying, watching funny TV shows such as <i>Everybody Loves Raymond</i> , and venting to a friend.
I prevent stress by...	keeping balanced by getting enough sleep, eating well, being positive (mostly), appreciating nature, and staying connected to God.
What I think about nutrition:	Nutrition is vital to overall health! I always have a good breakfast... eat enough protein, fruits, and vegetables... drink lots of water...but sweets are my downfall!
What I think about exercise:	Exercise is a magic bullet for staying healthy, mentally and physically. Since 2011, I've had a personal trainer who regularly "beats me up"-in a good way.

Most favorite exercise:	Walking and weight training
Least favorite exercise:	Is val-slide leg curls... if you know what these are, I feel your pain. If you don't, count your blessings.
I focus on my mental health by:	laughing often, spending time with family and friends, and being kind to myself. In fact, today is "Be Nice to Mrs. Tremblay Day".
A fun fact about me is....	I like to renovate dilapidated, old houses.