



Name	Chris Hunt
Age	34
Hometown	Portsmouth, New Hampshire
Zodiac sign	gemini
Hobbies	rock climbing, ice climbing, back country hiking, surfing
I deal with stress by...	going outdoors, exercising, or building things.
I prevent stress by...	just making sure that I am getting plenty of rest and eating healthy.
What I think about nutrition:	Nutrition is very important. Its the fuel for your body and mind. You can't feel good and think clearly without a good, balanced nutritional diet. I try to stay clear of most processed and packaged foods whenever possible.
What I think about exercise:	Exercise is obviously good for lots of health reasons. But it can also be a good time just to take your mind off of things and zone out for a bit.
Most favorite exercise:	Probably surfing. It works your whole core, legs, and back muscles. Plus it's incredibly fun!

Least favorite exercise:	Is running on a treadmill. I just get bored with it easily and also feel that my running mechanics are different than running on a road or trails.
I focus on my mental health by:	taking time to debrief and think about things that might be bothering me or stressing me out. Also surrounding myself with positive and influential people is key.
A fun fact about me is....	I was a vegan for over ten years! It really helped me rebalance my health and regain some energy to help push me to new fitness levels at the time.