



Name	Christine Vander Werf
Age	32
Hometown	Westwood, Massachusetts
Zodiac sign	scorpio
Hobbies	cooking, baking, hiking, yoga, gardening, binge watching terrible TV, and spending time with family and friends (and my dogs)
I deal with stress by...	spending time outside and spending time with family, friends, and my dogs, doing yoga, and enjoying time alone.
I prevent stress by...	Stress happens, you just have to find what works for you. For me, I try to prevent stress by taking care of myself: getting enough sleep, eating well, exercise, and spending time doing things I love with people I enjoy!
What I think about nutrition:	Everything in moderation! It's all about balance and fueling your body.
What I think about exercise:	Again, everything in moderation! Find things that you love and mix it up: I get bored easily and I find that by changing

	how I exercise makes me more excited for it.
Most favorite exercise:	yoga, swimming, and hiking
Least favorite exercise:	running on a treadmill
I focus on my mental health by:	<ul style="list-style-type: none">- trying to take time to myself- surrounding myself with positive people- using supports and strategies that work for me
A fun fact about me is...	I became a vegetarian on a dare eleven years ago. I won!