



Name: Ms. Kinsman

Hometown: South Windsor, Connecticut

High School: South Windsor High School

College: University of Richmond, Virginia

Hobbies:

- Relaxing with my friends and my family, especially my niece and nephew
- Running and riding my bike
- Cooking and reading
- Teaching yoga at the YMCA in Beverly

I deal with stress and try to prevent stress by ...

- Laughing
- Trying to focus on what I am thankful for in my life
- Exercising, eating healthy, and getting of sleep
- Giving lots of hugs and spending time with my family's dog

I try to eat healthy by ...

- Drinking a lot of water every day
- Eating breakfast, lunch, and dinner
- Eating a variety of meals that include fruits, vegetables, and proteins
- Drinking only one cup of coffee each day

My exercise routine:

- I practice yoga two to four days each week
- I run or ride my bike two to three days a week
- I lift weights at least one time each week, but my goal is two times per week