



Name	Michelle Boucher
Hometown	Fryeburg, Maine
Zodiac sign	cancer
Hobbies	spending time with friends, watching movies, petting dogs, and finding good coffee at local cafes
I deal with stress by...	venting to friends, exercising, or playing with dogs.
I prevent stress by...	taking a little bit of time for myself each day and sticking to a weekly routine.
What I think about nutrition:	For me, nutrition goes back to something my mom always said: "It's not what you eat, it's <i>how much</i> you eat." Basically, she was saying it's ok to eat pretty much whatever you want, as long as you do so in moderation.
What I think about exercise:	I think it's important to find an exercise that you enjoy and then find a way to work it into your routine. It took me a long time to find something I actually wanted to do, but ever since I've found spinning, I can't get enough!
Most favorite exercise:	spinning!
Least favorite exercise:	running :(
I focus on my mental health by:	checking in with myself often, seeking help when I need to, and remembering not to be too hard on myself.