



Name	Scott Blanchette
Age	27
Hometown	Beverly, Massachusetts
Zodiac sign	pisces
Hobbies	reading cooking watching <i>Jeopardy</i> and <i>Game of Thrones</i>
I deal with stress by...	making "to-do" lists, asking for help when I need it, and using friends and coworkers as support.
I prevent stress by...	meditating every morning and limiting negative influences such as social media.
What I think about nutrition:	I think nutrition is very important. I've become more focused on healthy eating as I've gotten older. I try to limit how much sugar I eat and consume smaller portions.
What I think about exercise:	Exercise is necessary for a healthy lifestyle. I try to make it to the gym several times a week and run outside when the weather is nice.
Most favorite exercise:	I enjoy playing team sports such as basketball, softball, and volleyball.

Least favorite exercise:	Biking. I've vowed to never ride another bike for the rest of my life!
I focus on my mental health by:	meditating every morning, having open conversations about my mental health with friends and professionals, eating healthy food, and getting enough sleep.
A fun fact about me is....	<p>During the summer I work as a Park Ranger at Lynch Park in Beverly.</p> <p>As a first year teacher, I vomited at Field Day after Mr. Jamieson challenged me to complete an obstacle course. It was 95 degrees out and I was very out of shape!</p>