



## *Interview Questions*

1. You have a unique story. What happened to you?
2. When did you decide that you needed to change your life? What was your AHA moment?
3. What was an average day like for you when you were so big?
4. What's an average day like for you now that you are much more fit?
5. You tell people that you don't diet and you discourage it. Can you explain this?
6. Getting a checkup is one of your most important messages. Why is this so important?
7. When you talk to groups you offer 5 tips that people can use on how to get started to begin to change their life. Can you share a couple of these tips?
8. You tell a lot of people to "Get Selfish", what exactly do you mean?
9. You're a handsome guy; do people treat you differently, now that you are thinner and more physically fit?
10. You have done a lot of research on the heart and heart disease. What are a few interesting things that we probably don't know about the heart?
11. How bad is the problem of obesity in the United States?
12. What is your primary message to our viewers/listeners?
13. You have shared with some people that your Mom was very sick before she passed away in 2005. How does this motivate you today?
14. How has your "New Life" affected your sex life?
15. You have posed a question that asks, "Are skinny people telling you to lose weight?" What do you mean by that?