

AD: So the first question is; Do you read stuff about health, or fitness or working outs or sports?

ST: Me, personally NO. But I do have a lot of friends that actually do. I have a friend actually, that is, he actually is a PE coach right and he reads a lot of stuff. He said it's helpful for him, so. But me I do all my work out routines, and I am comfortable with it on my own.

AD: So where did you learn to do that?

ST: Honestly, its, it's just stuck on top of my head.

AD: Ok, did you have coaches in high school who were really supportive with that kind of work?

ST: Yes I had one. He would actually, because at one time he would give us a work out. It was a good work, but he was the one, he was my position coach, he would be the one to always make sure that I am on task and stuff, but he wouldn't there all time because I didn't need that but, he would be the one to be on the other guys, give them a workout routine and sometimes he would give them stuff to eat like coaching quotes or to like motivate them, so.

AD: Do you use writing much, like do you chat your workouts, do you...

ST: For my workouts, NO. I know my sister, my cousin and a couple of other football players come to me and I have written down their workouts. I know a friend of mine. He is really into the fitness area and he writes down everything. I don't use it, but from what I see I know it can be very helpful. It can keep you organizing the amount of calories or such things of that nature (AD: Sure) It's all organized, so I can see it being very helpful.

AD: Do you think there is a reason you don't do it?

ST: For me personally, I don't, I see it being helpful but not to me, because I personally don't need it and ... that's .. I don't see

AD: So you achieve your goals, your fitness goals without needing to write it down or track your workouts or to do that kind of stuff.

ST: Yeah

AD: How do you... how do you set goals for yourself?

ST: If, say if I can lift a certain weight, I take a note of that weight and eerh just do my workout. I don't give myself a time limit. I just, I can go for maybe a month, maybe a couple of weeks, maybe even 3 months. And then when I feel like I am ready, when I feel like my body is strong, then I will just, I will do the max that I needed to .. It's been like that, It's been working out for me like that for me since I was in high school.

AD: Sure, do you use anything. Because there are all kinds of Apps and various things now like the Map my Fitness, My Fitness Pal. Do you do any of that?

ST: No I don't. I know it is helpful though.

AD: So you have seen some your other friends using it?

ST: Yes, I have tons of friends that use it and they love it because it goes back to being like the organized way. I guess for me, I don't really keep myself organized in that type of area ...