**Task:** Interview **2** people and record (write down) how other people interpret physical wellness. How do they maintain their physical wellness?

* Interview **2** different people that are not students at MHS. Ask the various questions provided about physical wellness and record (write) their answers on a document.
* Write a 3-5 sentence reflection about what intrigued you, what you learned, what you agree/disagree with, etc.

**Interviewing questions:**

1. What do you think it means to be physically well?
2. What do you do to stay physically well?
3. How often do you exercise?
4. When in your life do you feel you were most physical well and why?
5. What do you think the most important component to being physically well is and why?