

Interview: Baiana

**Q: Can you tell me a little about yourself and what a typical day or week looks like for you?**

A: Im Baiana, 25 years old, I study graphic design. My week is busy with classes, and I also do part-time work in a cafe. I try to go walking every day. I cook at home and sometimes call my family.

**Q: Have you tried to work on anything recently like being more active, eating differently, or connecting with people?**

A: Yes, I try to move more because before I sit too much. I feel tired a lot. I also want to meet new people but Im a bit shy. One time I was sick and I feel weak, that made me think I need to change.

**Q: Can you walk me through something you actually tried to make progress in one of those areas?**

A: I try yoga from YouTube. Also, I go to Zumba class one time. Yoga was not easy to continue, I dont feel much connection. Zumba was more fun, but I dont have time always.

**Q: Is there any kind of activity, exercise, or sport thats part of your life right now?**

A: I go walking almost every day, like 30 minutes. Sometimes I dance a little at home, just for fun. I start walking in COVID time when I stay home too much. It help me feel better. But if I have too much work or if it rains, I stop.

**Q: What helps you stay motivated or consistent when you're working toward a goal?**

A: When I feel good in body or I sleep better, I want to continue. Also if I do something with a friend, it's easier. When I lose motivation, I stop for a few days. Then I try again with small steps.

**Q: What kinds of people do you usually connect with as friends, training partners, or more?**

A: I talk with classmates and some friends from my town. I dont meet many new people, but

sometimes I go to events or language group. One time I meet a girl in art workshop, we speak easy, it was nice.

**Q: Do you usually work out or stay active alone, or with others?**

A: Mostly I do alone, but I like when I can do with someone. I wanted to go gym with someone but I dont know who. One time I do yoga with a friend and we laugh a lot. It was more fun.

**Q: If you could design the perfect experience an app, a space, or a routine to help you stay active, feel good, or meet the right people, what would it be like?**

A: I think the app should help to find someone with same goal and time. Not just for sport but also walk and talk. It should feel safe and friendly. Maybe a chat and easy way to join a small group or class.