

Interview: Luca

Name: Luca

Age: 21

Gender: Male

Q: "Hi, I'm Melis, and I'm working on a project about how people take care of their health, habits, and relationships. I'd love to hear your experiences, there are no right or wrong answers, just your story."

A: Ciao, I'm Luca . I study kinesiology and I run track for my university. I do the 400m and 800m races. I have a busy life with school, training, and competitions. I care a lot about health, fitness, and staying strong. I'm happy to talk about how I take care of my body and mind.

Q: "Can you tell me a little about yourself and what a typical day or week looks like for you?" "What kinds of things do you try to make time for regularly?" "What helps you feel like you're doing well or on track?"

A: My days are full. I wake up early, train in the morning, go to class, and train again in the afternoon. In the evening, I study or rest. Every week I try to eat well, sleep enough, and call my family. I feel good when I follow my plan, when I do my training, eat healthy food, and don't fall behind in class.

Q: "Have you tried to work on anything recently, like being more active, eating differently, or connecting with people?" "What got you thinking about that?" "Was there a turning point or moment that pushed you to start?"

A: Lately, I've been trying to sleep better and feel less stress. During the winter season, I felt tired and slow. After one really bad race, I knew something had to change. That's when I started learning more about sleep and rest.

Q: "Can you walk me through something you actually tried to make progress in one of those areas?" "How did it go?" "What was harder or easier than you expected?"

A: I started going to bed earlier and using an app to check my sleep. I also turned off my phone before sleep and started writing a little bit in a notebook to relax. It helped! I had more energy in training. The hard part was stopping my phone or saying no to friends at night. The easy part was using the app, seeing results made me want to keep going.

Q: "Is there any kind of activity, exercise, or sport that's part of your life right now?" "How did you get started with it?" "What keeps you doing it, or what causes you to stop?"

A: Yes, I train almost every day. Running is a big part of my life. I started when I was 13, and I've loved it since then. I keep going because I like to push myself. And my team helps me stay strong. The only things that stop me are injuries or stress from school.

Q: "What helps you stay motivated or consistent when you're working toward a goal?" "Can you think of a time when motivation dropped off? What did you do?" "Do you tend to work better with accountability or on your own?"

A: I stay motivated by thinking about my goals, like running faster or going to big competitions. My team also pushes me. One time, during exams, I had no energy and stopped training well. So I took a short break, then came back with a new plan. I work better when I know someone is counting on me, like my coach or teammates.

Q: "What kinds of people do you usually connect with friends, training partners, or more?" "How do you usually meet new people these days?" "Can you tell me about a time when meeting someone felt really natural or meaningful?"

A: Most of my friends are on the track team. I also talk with classmates, and I meet people during events at school. One time, I met a guy at a sports event who also liked recovery and fitness. We talked a lot and now we train together sometimes. It felt natural and easy to talk with him.

Q: "Do you usually work out or stay active alone, or with others?" "Have you ever wanted to train with someone but didn't? What stopped you?" "If you've trained with someone before, how did that happen and how did it feel?"

A: Mostly with my team. But I like running alone sometimes to relax or think. There was a time I wanted to try yoga with a friend, but I didn't go because I was shy and had no time. When I trained with a friend during the summer, it was fun and different, more relaxed and friendly.

Q: "If you could design the perfect experience with 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 would love an app that shows my training, sleep, meals - everything in one place. It would also let me talk with my teammates and plan sessions together. I also dream of a cool gym with machines, massage chairs, a sauna, and a quiet space to study. A place where sport and student life can go together.

