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TECNICO EN ENFERMERIA

BACHILLERATO

ENGLISH

ENTREVISTA

12/OCT/2024



**A :** Thank you for joining me today! Can you start by telling us about your recent weight gain?

**B :** Of course! I've gained some weight over the last few months, and it's been a bit surprising for me.

**A :** What do you think contributed to this change in your weight?

**B :** Well, I used to be quite active, but lately, I haven't been exercising as much. My schedule got really busy, which made it hard to maintain my routine.

**A :** That makes sense. How has your eating habits changed during this time?

**B :** I didn't use to snack frequently, but I've found myself reaching for quick snacks, often choosing convenience over health.

**A :** What kinds of foods have you been eating more often?

**B :** I've been eating a lot more fast food and processed snacks. I didn't use to rely on those, but they've become my go-to options lately.

**A :** How do you feel about those food choices?

**B :** I know they aren't the best, and I often feel guilty afterward. I used to take pride in cooking healthy meals.

**A :** Have you found any specific cravings that you didn't used to have?

**B :** Yes! I didn't use to crave sugary foods, but now I often find myself wanting desserts and sweets, especially when I'm stressed.

**A :** That's interesting. What role do you think stress plays in your eating habits?

**B :** Stress has a huge impact. When I'm overwhelmed, I tend to indulge in comfort foods, which can lead to unhealthy choices.

**A :** Have you noticed any physical changes since gaining weight?

**B :** Yes, I've noticed I feel less energetic and sometimes uncomfortable in my clothes. I didn't used to feel this way.

**A :** Are there any foods you used to love that you've stopped eating?

**B :** I used to enjoy a lot of fresh fruits and vegetables, but I've definitely been eating less of those lately.

**A :** How has your relationship with food changed during this period?

**B :** My food passions have shifted from enjoying cooking and healthy eating to more of a convenience mindset. I want to change that back.

**A :** Have you thought about making any changes to your lifestyle?

**B :** Absolutely! I'm planning to prioritize meal prep again and try to get back into regular exercise. I used to feel so good doing that.

**A :** That sounds like a positive plan! What advice would you give to others who might be in a similar situation?

**B :** I'd suggest not being too hard on yourself. It's okay to indulge sometimes, but finding balance is key. I wish I had remembered that sooner.

**A :** What are you most passionate about when it comes to food?

**B :** I really love trying new recipes and flavors. I want to rekindle that passion and make healthy cooking fun again.

**A :** Thank you so much for sharing your experiences and insights with us today!

**B :** Thank you for having me! I hope it helps others reflect on their own food journeys.