

# Alex Gray



## 1. What is your favourite fruit?

- Strawberry, banana, dates, blueberries, raspberries, blackberries, oranges, & figs

## 2. Favourite colour, and why?

- Baby blue – because it is happy and goes with almost everything

## 3. How much water do you drink in a day?

- 1lt

## 4. What is your favourite Vegetable & why?

- Potatoes – mash potatoes are my life
- Broccoli \_ well steamed – I do not know why (I ate a fly)
- Sweet Potato – Ummm!
- Carrots (all colours) – especially oven roasted!

## 5. What exercise, activity do you like?

- DANCE, Dance, dance
- Human movement, and body weight exercises
- Swimming, basketball, & rock-climbing

## 6. Can you swim?

- Yes

## 7. How do you dance?

- By having fun! Letting the music in and sharing the moment with others!

## About

Originally from San Francisco, California. I moved to Tasmania When I was 10 years old. This was one of 14 moves that had huge flow on effects on my life. I think more so, because I experienced such frequent diversity and change so early on in life. Looking back now, its clear that I didn't fully understand what I had experienced about people, identity and community. As each year passed its like i grow into the learning from my experiences! So, after the move I never took things for granted. I learned to appreciate things in many different ways, which allowed me to find the lesson and value in every situation. "Being humble is not about being humiliated, it's about how you act once humiliated. We always have the choice, no matter what we might think. All it takes is a single moment to stop. Think, and then feel." -Alex.G For more videos follow @dancerpreneur on Instagram.