

Yu Chen
Jeonghan, Sim

Interview Notes

Interview #1 (Yu Chen)

Location: John Wooden Center at UCLA

Time: 08:00 PM

Do you like going to the gym?

Yes, going to the gym regularly could make me feel less stressful and more motivated in life.

How long have you been going to the gym?

I've been going to the gym for more than 4 years.

How often do you go to the gym?

I go to the gym 5 times a week from Monday to Friday.

What is a typical day at the gym like for you?

Chest on Monday, Back on Tuesday, Shoulder on Wednesday, Legs on Thursday, Chest on Friday, Cardio on Mon, Wednesday, Friday.

What motivates you to go to the gym?

Going to the gym has been a routine for me. Releasing stress and being in better shape would motivate me to go to gym 5 days a week.

What role does the gym play in your life?

Gym plays a role in work-life balance in my life.

What do you typically do before and after you go to the gym?

It depends on my daily schedule. I would be having classes sometimes before going to the gym. I usually go to the gym in the afternoon so that I would go to the grocery store or go out to eat.

What are your goals when you're at the gym?

Goals are going to the gym based on my schedule, and being in good shape as well.

How does being at the gym make you feel?

Being at the gym makes me feel happy and relaxed after a long day of work or school.

What advice would you give to people who want to start going to the gym?

My advice would be to plan ahead and to have a time schedule made from how many times you are going to spend in the gym. Asking a friend to go to the gym with you regularly would be

great. Going to the gym is a commitment for me. Every time I go to the gym would keep myself disciplined and positive. Going to the gym could also serve as an antidote for releasing stress. It can make me focus more on the things that have to be done on that day.

Interviewee #2 (Yu Chen)

Location: John Wooden Center at UCLA

Time: 09:00 PM

Do you like going to the gym?

I do like to go to the gym.

How long have you been going to the gym?

Since I got into college.

How often do you go to the gym?

I go to gym almost everyday to workout.

What is a typical day at the gym like for you?

I will make sure which body parts I am working. I will stretch and get warm. Make sure I have the proper diet before working out. Stretch after workouts and drink protein.

What motivates you to go to the gym?

My work ethic motivates me to go to gym and to take care of my body. In order to fight for success, I have to make sure I have good body health.

What role does the gym play in your life?

Gym is essential to my life. I can't live without it. Almost everywhere I go I will exercise.

What do you typically do before and after you go to the gym?

I will sleep well, stretch, eat before going to gym, and do the same after plus protein drink.

What are your goals when you're at the gym?

My goals are to be better in basketball, explosive, agile, and quick.

How does being at the gym make you feel?

Being at the gym makes me feel energetic and ready to compete. Working my ass off every day. It reminds me everything is not easy and I have to earn it.

What advice would you give to people who want to start going to the gym?

Get a trainer first to do a body evaluation. Start of the right foot then progresses later on.

Interviewee #3 ((Yu Chen))

Location: John Wooden Center at UCLA

Time: 10:00 PM

Do you like going to the gym?

I love to go to the gym, but I currently feel struggling with time management. I go to gym less than before, because of the heavy educational goals.

How long have you been going to the gym?

I have been going to the gym for about 3 years since I went to college.

How often do you go to the gym?

I go to gym two to three times a week, and play basketball mostly.

What is a typical day at the gym like for you?

Firstly, I will do some warm-up by running(on a Treadmills) for the first 10 minutes, then I will go to the free weight area to train myself depending on my goal for 20 minutes. At the end I will try to find some specific machine to further train the same muscle part. If I still feel energetic after the fitness train, I will go to play basketball. On some other day, I just play basketball directly without the fitness part.

What motivates you to go to the gym?

I'm not a crazy gym person, but I do go to the gym often. What motivates me most is the positive feedback to my body, what I mean is I feel way more energetic by keeping going to the gym meanwhile I also obtain a good body figure.

What role does the gym play in your life?

Gym is like a railway track in my life, once I step in the gym, I don't give myself a chance to give up. Moreover, gym is seriously like a path for me to live happier and more energetic.

What do you typically do before and after you go to the gym?

As a student, I usually go to gym after class, and as I mentioned, I will sometimes go to play basketball after gym work.

What are your goals when you're at the gym?

I don't really have goals, but I enjoy the feeling of pushing myself further and seeing muscular lines on me.

How does being at the gym make you feel?

I feel I'm on the right track, not losing myself, which means I'm doing something that can prove me instead of doing some meaningless entertainment. I don't necessarily mean entertainments are bad or worse, but it's true gym works make you more satisfied with life.

What advice would you give to people who want to start going to the gym?

Make sure you know how to use the machine and the right way to use weights. If you are not good at knowing them, you really need to ask, it might cause a big problem for you or at least give you negative feedback to your body.

Interviewee #4 ((Yu Chen))

Location: John Wooden Center at UCLA

Time: 11:00 PM

Do you like going to the gym?

Yes, I do

How often do you go to the gym?

2 times lifting per week and 1-time cardio. One to two hours for each.

What is a typical day at the gym like for you?

Start with small weights based on personal conditions.

What motivates you to go to the gym?

Being distinguished from others for having a nice body shape

What role does the gym play in your life?

A daily routine.

How long have you been going to the gym?

3 years.

What do you typically do before and after you go to the gym?

Eating some carbon-hydrate for energy to lift more weight before. Eating meat for protein to build-up muscles after.

What are your goals when you're at the gym?

Gaining more muscles.

How does being at the gym make you feel?

Being more self-discipline and achievement with persistence.

What advice would you give to people who want to start going to the gym?

Start with working out ten minutes per day cuz it's a long term process that matters with consistency and persistence aerobic exercise first (like lifting) and aerobic exercise in the end(playing basketball).

Location: John Wooden Center at UCLA

Time: 10:00 AM

Interviewee #5 ((Yu Chen))

Do you like going to the gym?

I do not like going to the gym. The John Wooden Center is always crowded and does not have enough equipment for all the people so I am not really a gym guy.

How long have you been going to the gym?

About a year.

How often do you go to the gym?

Once a week. Sometimes twice a week.

What is a typical day at the gym like for you?

First, I will do weight training for 45 minutes, and then I will do 30 min cardio. Sometime, I just do an hour of cardio.

What motivates you to go to the gym?

Trying to be healthy and fit.

What role does the gym play in your life?

Actually it is a place where I could relief from my daily struggles and relax.

What do you typically do before and after you go to the gym?

I usually have dinner before going to the gym. After going to the gym, I usually go home and take a rest.

What are your goals when you're at the gym?

Training as hard as possible and pushing myself to the limit.

How does being at the gym make you feel?

It helps me to have a better metabolism, sleep better, and have more energy.

What advice would you give to people who want to start going to the gym?

Choosing a gym that is close to your home. Also, do not be a phone playing guy when you are using the machines.

Research question:

How does gym/work out affect our overall life happiness?

Or

How does gym/work out enhance our life quality?

Interview question:

1. Do you like going to the gym?
2. How long have you been going to the gym?
3. How often do you go to the gym?
4. What is a typical day at the gym like for you?
5. What motivates you to go to the gym?
6. What role does the gym play in your life?
7. What do you typically do before and after you go to the gym?
8. What are your goals when you're at the gym?
9. How does being at the gym make you feel?
10. What advice would you give to people who want to start going to the gym?

Observation Notes (Yu Chen)

Observation Notes #1

Location: John Wooden Center at UCLA (Collins Court)

Time: 03:00 PM - 03:30PM

03:00

I sat in a corner on the Collis court and prepared to observe people. Most of the players on the court are students, and they made appointments with each other to meet here, and a small number are school faculty and visiting scholars. Before a game, some of them will stretch their bodies to prevent sports injuries in the next game. Some will also shoot for a good touch and prepare for the game, hoping for better game performance. When warming up, they will talk about some recent news and some funny and interesting things happening around them.

03:10

The game is about to start. They were shooting to split the team. The shooting point is in the middle of the three-point line. At the beginning of the game, I found that different players scored

in different ways, shorter players may score on the perimeter and break the pass to allow taller players to score on the inside. Taller players are more likely to grab rebounds inside and then use their height advantage to score. After scoring, they will high-five each other with the scorer to express encouragement and praise. If some are familiar with each other and finished a great cooperation, they would even clapped their butts to expressed their appreciation and said "Good move" or "Good take". Sometimes there would be controversial balls, the two sides argue. When the argument is inconclusive, one person standed out and shooted a three point, If he made it, he got the ball. But he missed it, he lost the ball. Sometimes there were some very generous people who would let someone else get the ball this time, and then the next time they had a controversial ball, the people who gave up the ball would get this time.

03 : 25

Suddenly someone fell down to ground, and everyone asked about him. It turned out to be a calf draw, and then someone came out to help him stretch his leg. About a minute later he could stand up and continue playing. This sport is relatively intense physical confrontation, coupled with the younger classmates, occasionally spat and trash talk, but this is common and usual. What I learned here was that I considered the people who play basketball are relatively talkative, cheerful, outgoing, and full of spirit and energy.

Observation Notes #2

Location: John Wooden Center at UCLA

Time: 04:00 PM - 04:30PM

I asked my friend Emily for an agreement to observe her.

04:00

After getting her sportswear on, she came to the Strength and condition zone for a 10 minutes warmup running on an Elliptical trainer. Emily often works out, so she has her own set of professional training exercises for her body. She started with 20 Straight-leg jackknives, then 20 toe touches, 50 mountain climbers, 40 ab bicycle, 30 over-bench jumps, 15 weighted bent-leg jack knives, 50 flutter kicks and 30 alternating crunch. While she was working on that, I found out that there were all sorts of weird people in the gym. People who are crazy about losing fat will not appear in the power zone and equipment zone. Most of them are girls. Usually they can run on the elliptical machine or treadmill for more than half an hour with a mobile phone or ipad. Some people come to the gym and are not real bodybuilders. They may be boys or girls, work out may not be the main purpose. Taking a good-looking photo is the goal they seek. Boys must have biceps that can shoot 50 cm, girls must have a vest line that can shoot enchanting curves, pull all sorts of decoration and filter, then posted on social media. Another girl comes to the gym as if walking on the red carpet. People are not willing to sweat or be too embarrassed, because foundation, concealer, mascara, eyeliner, eye shadow, and blush lipstick are all on her face. There were a bunch of people that I noticed that they can see that they have distinctive

personality and humor from their clothes. They wore fluorescent vests, or Captain America 's oversize vests, or black tights, silently lifted dumbbells, and some still were there. He shouted exhausted during the training to cheer himself up. There are also people who must swear when doing strength training. They said that each time they roared when they lifted the iron, they felt that their strength would increase by at least 10%. There was another person who saw that they were beginners in the gym because You don't have a good body or want to be stronger before you decide to start exercising. This type of person is often in the corner to work out alone, fear to talk to the muscular man, everyone in the gym seems to be very cold, silently practicing on their own, and feel embarrassed to find anyone to work with him. A passionate Gymrat asked "You can easily get hurt by doing this." Later, the Gymrat not only standardized his movements, but also paid attention to his diet.