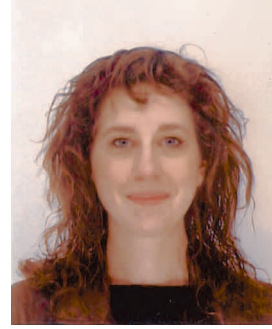


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DATE OF BIRTH: 7 January 1977  
NATIONALITY: Swedish



I balance the priorities of my own inner voice with the needs of others. I tend to be concerned with the harmony of the group, while maintaining certain independence. Depending on the situation, I adopt a stance that defers to the wishes of others, or else assert my own individuality. In this way, I have a great deal of tact, and believe in the situational equality of people. I have an approachable and kind personality. People admire me for my ability to speak my mind when appropriate.

While I am overall physically attractive, I am getting most noticed by others for my charming behaviour.

I don't live on a strict Pringles and Snickers diet, but I don't eat the traditional "three squares" a day and that I prefer a few satisfying bites to a big sit-down meal. And according to many nutrition experts, eating often and lightly is actually the perfect way to go. Frequent meals keep me from becoming ravenous and then pigging out - a common problem for people whom skip breakfast or lunch and then overdo it at dinner. Small meals also keep my blood sugar levels steady, reducing my risk for mood swings and even diabetes. But my snacking style also means that I tend to gravitate toward less-than-ideal foods.

I am seldom ill, and I don't worry very much about my health. Although my health is not my major preoccupation, I still pay attention to several major aspects of my health and make some effort to improve or maintain them. I've got a good general knowledge of fitness, but am a little hazy on the details.

Flying down the road on two wheels, wind in my hair - that's my idea of an enjoyable workout! Ever since I got my first shiny Crescent, I've known the magical pull of riding a bike. But now that I'm an adult, I opt for my car over a bike for getting around town. But when I'm in need of a stress-busting, heart-pounding adventure, I know what to do. I enjoy exploring the outdoors, whizzing faster than I could go on foot and getting a closer look at the scenery than I could from a car window. When I'm out riding the roads, I make sure to carry a spare tire, wear a helmet, and obey all street laws. And no matter where I ride, I drink plenty of water and cool down when I'm through. I get rolling at least three times a week, and my body and mind thank me for it! And if the weather's against me, I'm willing to roll on an indoor exercise bike to get my heart rate up and my legs (and lungs) pumping.