Presentation “Healthy Lifestyle” You may talk whether about yourself or in general.

Plan:

Talk about what healthy lifestyle is.

Unhealthy habits: smoking / dugs / alcohol addiction / sleeping less than 8 hours and so on.

How to lead healthy lifestyle.

Tips.

* Do you think you have a healthy life style?
	+ Is it possible to have a healthy life style in modern world?
	+ Why do many people try to have a healthy life style?
	+ What is the main purpose of it?
* What is healthy food?
	+ Do you pay much attention to what you eat?
	+ Do you think it is more important for you to eat healthy or tasty food?
* Do you try to eat your breakfast, lunch and dinner at a certain time every day?
* Do you have a snack every time you are hungry or do you wait for the lunch or dinner?

What is better for health?

* Do you agree with the saying: "Eat your breakfast, share your lunch with a friend and give your dinner to your enemy"? Why do people say so?
* What is healthy about not eating after 6 p.m?

Do you try to follow this rule?

* + Are you a success?
* Is obesity a great problem in where you live?

Why are there so many obese people in the US?

* + What are the most efficient ways to loose weight?
* Do you think diets are useful or not?
	+ Have you ever tried to go on a diet?
	+ What kind of diet was it?
	+ Did it work?
* Is physical activity (jogging, going to a gym, swimming pool) an important part of a healthy life style?
* Can you tell a physically inactive person from someone who takes care of his\her physical condition?

What are the main differences?

* What is your attitude to smoking?

What is the influence of smoking on health?

* + What about passive smoking?
* Is it hard to give up smoking?

Do you know someone who gave up smoking?

* + What is the best way to give up smoking?
* What is a healthy dose of alcohol?

How mush beer, wine or vodka you can drink daily without any damage to your health?

* + What is the damage of alcohol abuse to health?
* How many hours of sleep do you need daily?

If you don't sleep enough, how do you feel and look?

* Do you try to go to bed and get up at certain hours every day?

What is good about it?

* Do you often find yourself under stress?
* What are the areas of your life where stress situations take place more often?
	+ Work?
	+ Family?
	+ Relationships with friends?
	+ While commuting to work?
* How do you usually cope with stress?
* Is there any connection between the person's style of life and the duration of his life?
* What do you prefer, to eat everything you like, drink a lot, smoke, have no physical exercise and die at the age of 60 or lead a healthy life and live until 100?