

# EXERCISE



- 1 - Describe the 6 pictures? In what ways are the pictures different to each other?
- 2 - How much exercise do you do each day? Do you think it is enough for you?
- 3 - Do you get any exercise when you are at work or school? What exercise do you do?
- 4 - Is there a kind of exercise that you really dislike? Why don't you like it?
- 5 - Have you ever hired a personal trainer? Would you like to? Why or why not?
- 6 - How many push-ups and sit-ups do you think you can do without stopping to rest?
- 7 - Do you prefer to exercise or work out indoors or in a room or gymnasium?
- 8 - Have you ever seen or heard of any strange ways that people like to exercise?
- 9 - What kinds of exercise machinery and equipment do you own? Do you use it often?
- 10- Who is the fittest person that you know? What do they do to keep in shape?
- 11- How do you get the motivation to exercise? Does listening to music help you at all?
- 12- Can you remember a time when you were completely exhausted from exercise?
- 13- What is a kind of exercise or sport that you would like to try in the future?
- 14- Are you happy with your physical fitness and body shape? How can you improve it?
- 15- Do elderly people do much exercise in your local area? What do they often do?
- 16- What do you think about bodybuilding? Would you like to be very muscular?
- 17- Do you think that diet is an important part of exercise? In what ways?
- 18- Is obesity a problem in your country or are most people generally in good shape?
- 19- In what ways do you think exercise can increase happiness and reduce stress?
- 20- Do you often walk, or do you prefer to drive or ride to where you want to go? Why?
- 21- What is your favorite time of day to exercise? Why is this?
- 22- Do you think it is possible to exercise too much? What problems can it cause?
- 23- What would you say is the most popular form of exercise in your country?
- 24- Do you enjoy exercising alone or do you find it more fun to do it with other people?
- 25- Would you like to be a professional sports person? What sport would you do?