

# Healthy Living



- 1 - Describe the picture. What can things you see?
- 2 - Do you believe you have a healthy lifestyle? Why or why not?
- 3 - Do you watch your weight? What is your ideal weight?
- 4 - Is there anything you really like to eat but try not to?
- 5 - How much exercise do you do each day? What kind of exercise do you do?
- 6 - What are some habits you could give up in order to be healthier?
- 7 - Do you have a healthy diet? What could you eat more of?
- 8 - Have you ever considered becoming a vegetarian or vegan? Why or why not?
- 9 - How much meat do you eat each week? Do you think it is a healthy amount?
- 10- Do you take any vitamins or supplements? What do you take them for?
- 11- Are people in your country healthy in general? Why do you think so?
- 12- Do you always take medicine when you are sick or do you try home remedies?
- 13- Do you get worried or stressed much? How do you go about calming down?
- 14- How many hours of sleep do you get each day? Do think it is enough?
- 15- Have you ever joined a gym or fitness club? What did you do there?
- 16- Are you more or less healthy today than you were 5 years ago?
- 17- When was the last time you got a medical check-up?
- 18- Are you careful about how much salt and sugar you eat? How?
- 19- Do you care about your body shape? What can you do to change it?
- 20- What kinds of things do you drink? Are they all healthy drinks?
- 21- How many hours a day do you sit in front of a computer or television?
- 22- When was the last time you went for a long walk? Where did you go?
- 23- What do you think is the best way to lose weight? Do you do it?
- 24- Do you worry about germs? What things do you do to be hygienic?
- 25- Have you ever fasted or been on a diet? What was it like?