

Something you do to stay healthy

Describe something you do to (help you) stay healthy.

You should say: what you do when you started doing this how much time you spend doing this (or, how often you do this) and explain what benefits you get from this activity. or and explain how this activity helps you stay healthy.

The Health of People Today

- Do you think it's important to stay healthy?
- Would you say people (in your country) have a healthy lifestyle now?
- What factors influence whether or not a person has a healthy lifestyle?
- In your country, what do people do in order to maintain their health?
- Many people say they don't have enough time for exercise. How would you reply to that?
- Why do you think more and more people are become fatter? (overweight. obese)
- How do you think these people could (or should) improve their diet?
- Why do many people like eating junk food?
- Can you suggest why many people lead a sedentary lifestyle?
- How can people have a healthy lifestyle?
- In general, would you say people today are healthier than in the past?
- Do you think people will become (even) healthier in the future?

Health Education

- Do you think people can learn about having a healthy lifestyle?

- Would you say health education is important?
- Do you think health education is useful for children?
- Do schools in your country give information to children about health?
- (If 'No' to above) Do you think schools should do that?
- (If 'Yes' to above) In what ways do schools give guidance to children about health?
- Do you think the media has a place in educating the public about health?
- How do (or how can) parents educate their children about having a healthy lifestyle?