

Questions about health and fitness

1. Do you consider yourself a healthy person?

Yes, in fact, I go to the gym at least three times a week and keep a balanced diet to **avoid** any illnesses or conditions that can **put my life at risk** in the future.

2. What type of exercise do you like doing?

I love jogging. I think it is the **best way to do** sports since you can do it alone or with friends and you enjoy the city or the countryside at the same time you practice it.

3. Is all exercise good for you?

It depends on the intensity of the exercise and what you want to achieve. For example, if you want to **gain** strength, lifting weights is the best thing you can do. On the other hand, if your aim is to lose weight, aerobic exercises will be **the way to go**.

4. Are you careful about the food you eat?

Not really, I try to eat as healthy as possible but it gets hard when you go out with friends, it is not very usual to have healthy food. What I mean by this is that, even though I try to eat healthily, I don't push myself too far.

5. Have your fitness habits changed a lot throughout your life?

Drastically. When I was younger I would eat anything I wanted and would not do any exercise without having to worry about the possible **side effects** it could have on my health, but now that I am older, I try to take care of my eating habits and do sport at least three times a week **whenever** it is possible.

6. Are you going to play any sports this weekend?

If the weather allows it, I will go hiking. My best friend and I love going to the mountains and we go hiking at least once a month. It is a great way to spend time with the people you love and enjoy the nature at the same time.

7. What exercise would you do when the weather is bad?

I **firmly believe** that exercise is better done outdoors but, if there wasn't any other option, I would practice some yoga or I would do some stretching to help my muscles and bones.

8. Other than diet and exercise, what do you consider to be healthy?

I consider that being healthy is a combination of a lot of things, but one of the most important is mental health. Exercising your mind can be **just as important, if not more**, as exercising your body.

9. In general, do you think people in your country have a good diet?

There is no doubt that in Spain, we have one of the best diets in the world. Our eating habits are changing, of course, with the time, but the basis of the diet in Spain is **quite** good.

10. How often do you go to the doctor for a check-up?

Much less often than I should, if I am completely honest. You should go to the doctor for a check-up at least once a year, but none of us do it unless we have a problem or sense that something isn't right in our bodies.

11. What do you do to stay fit and healthy?

I do exercise, I try to move as much as possible, use the car less and go on foot to the places I need to go, like the workplace... Also, I try to take care of my diet.

12. What types of food are really good for your health?

Anything homemade, really, since you know what you put in your food and how it is made. Buying **ready-made** food and heating it up is not, by far, as good as making each step yourself.

13. How often should people do exercise to be healthy?

They should do exercise at least three times a week, but it should really be a daily thing. Even walking for thirty minutes up to an hour daily can benefit your health majorly.

14. Is it healthier to be vegetarian or vegan?

I think you can be healthy in both cases, only if you make sure you have no deficiencies and that you are consuming all the necessary nutrients.

15. Do you want to change your fitness habits in the future?

I imagine that a few years from now, I won't be able to maintain the same fitness habits than now, but I think it is something I will have to see **as time goes by**.

- 16. What food do you eat that you think you should cut down on?**
- 17. What is more important, diet or exercise?**
- 18. Some people are worried that children don't have healthy habits. What do you think about this?**
- 19. Do you have any sports facilities in the area where you live?**
- 20. What should older people do to stay active?**