

Questions about health and fitness

1. Do you consider yourself a healthy person?
2. What type of exercise do you like doing?
3. Is all exercise good for you?
4. Are you careful about the food you eat?
5. Have your fitness habits changed a lot throughout your life?
6. Are you going to play any sports this weekend?
7. What exercise would you do when the weather is bad?
8. Other than diet and exercise, what do you consider to be healthy?
9. In general, do you think people in your country have a good diet?
10. How often do you go to the doctor for a check-up?
11. What do you do to stay fit and healthy?
12. What types of food are really good for your health?
13. How often should people do exercise to be healthy?
14. What types of food are really good for your health?
15. Is it healthier to be vegetarian or vegan?
16. Do you want to change your fitness habits in the future?
17. What food do you eat that you think you should cut down on?
18. What is more important, diet or exercise?
19. Some people are worried that children don't have healthy habits.
What do you think about this?
20. Do you have any sports facilities in the area where you live?
21. What should older people do to stay active?