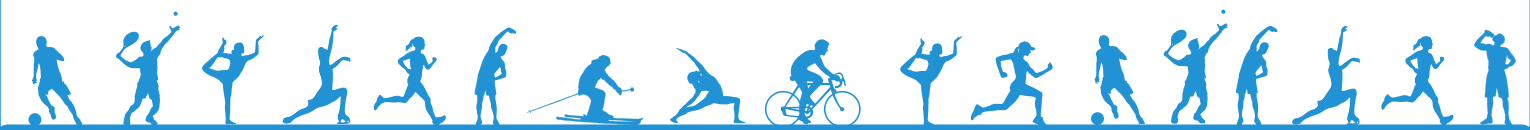
- PHYSICAL EXERCISE -

25 conversation questions

1. Are health and fitness two separate things?
2. Can one be physically fit but unable to bend over and touch their toes?
3. Do you consider yourself fit for your age?
4. What is your favourite form of exercise?
5. Do you work out regularly?
6. How many push-ups can you do in 30 seconds?
7. Do your muscles get sore after working out?
8. What is the best fitness advice you have ever received?
9. What's better for kids: team sports or individual sports?
10. What sports did you use to play as a child?
11. Should physical education be mandatory in secondary school?
12. Which is worse: a bad diet with exercise or a good diet with no exercise?
13. Is exercise essential to being healthy?
14. What should we do to stay in shape?
15. Is hiring a personal fitness trainer worth the money?
16. How long was your last bike ride?
17. What sport have you recently taken up?
18. Do you think swimming is an important skill? Why?
19. Is winter swimming good for our health?
20. What is the most popular sport in the world?
21. What is the most boring sport?
22. Do you prefer to watch sports rather than play them?
23. What sport would you like to try in the future?
24. Would you rather watch a sporting event on a live stream or attend in person?
25. What sporting event would you move heaven and earth to attend in person?



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