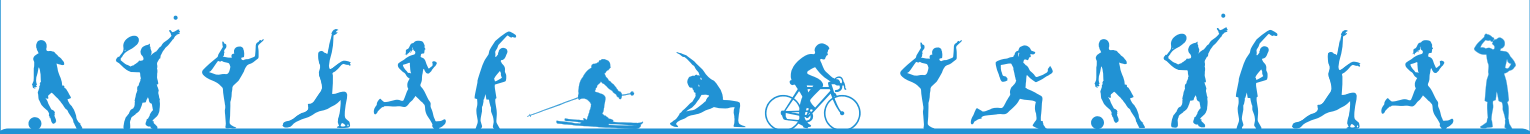
- PHYSICAL EXERCISE -

25 conversation questions

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



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