

Exercise Conversation Questions

Warm-up Question:

How is your energy level today?

Discussion Questions:

1. Do you exercise? Why or why not?
2. Some people exercise to feel relaxed. How does physical activity affect a person's mental and emotional condition?
3. People get exercise while playing sports. Which sports are the best for fitness?
4. Do you have any exercise equipment in your home? How often do you use it?
5. Are there many gyms in your town or city? How much does it cost to join a gym? Is it worth it?
6. What kind of aerobic exercise do you get in your daily life? Do you walk or ride regularly? Do you take the stairs or use the elevator?
7. To be healthy, which is more important? Eating well or working out?
8. To look good, which is more important? Eating well or working out?
9. Do you lift weights to build muscle? How muscular do you want to be?
10. Some people work out very often. Is exercise addictive?
11. Have you tried yoga? Why do some people prefer yoga to other forms of exercise?
12. Have you tried exercising while watching a workout video? Was it helpful to have an onscreen instructor?
13. Which is better for motivation? Working out with a group or with a personal trainer?
14. How important is stretching before and after exercise?
15. How do you dress when you work out? Do you try to look fashionable?
16. Do you drink protein shakes or eat any other kind of food related to working out?
17. Does your community have outdoor exercise equipment? Is it free to use? Who uses it?
18. Some people use steroids to help build muscles. Is this a good idea? Why or why not?
19. What time of day is best for exercising? Why?

