

SPEAKING

B2

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Lifestyle

PERSONAL LIFESTYLE

- Do you consider yourself a healthy person? Why or why not?
- How do you usually keep fit?
- What are the benefits of regular exercise?
- What do you usually eat during the week? Would you describe your diet as healthy?
- How often do you go to the doctor? Do you think regular check-ups are important?

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PERSONAL LIFESTYLE

- Do you think mental health is just as important as physical health? Why?
- What do you usually do to relax after a stressful day?
- Do you think it's important to exercise every day? Why or why not?
- How many hours of sleep do you usually get? Is it enough?
- What's more important to you: eating healthily or exercising regularly?

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OPINIONS ABOUT HEALTH TRENDS

- Why do you think many people struggle with maintaining a healthy lifestyle?
- Do you think people eat more junk food today than in the past?
Why?
- Why is stress such a common problem in modern society?
- What's your opinion on fad diets? Do they work?
- How has social media influenced people's health and fitness habits?

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OPINIONS ABOUT HEALTH TRENDS

- Why do you think some people avoid going to the gym?
- Do you believe there is enough awareness about mental health?
- Are fitness influencers helpful or harmful to people's health goals? Why?
- Why do you think obesity rates are rising in some countries?
- Should governments do more to control unhealthy food advertisements?

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COMPARISONS AND HYPOTHETICALS

- Do you think people were healthier 50 years ago compared to today? Why or why not?
- How do health habits in your country compare to other countries?
- What would happen if people stopped exercising altogether?
- How would your life change if you had to follow a strict diet?
- What is more important for children: playing sports or eating healthily?
- How different would your life be without access to modern healthcare?

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COMPARISONS AND HYPOTHETICALS

- Do you think people in rural areas have a healthier lifestyle than people in cities? Why?
- What would you do if you suddenly gained a lot of weight?
- Do you think health apps and fitness trackers are really helpful? Why or why not?
- If you could change one thing about your current lifestyle to make it healthier, what would it be?

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FUTURE OF HEALTH

- How do you think technology will influence healthcare in the future?
- Do you think people will live longer lives in the future? Why?
- What do you think the healthcare system will focus on in 20 years?
- Will people need to exercise more or less in the future? Why?
- Do you think science will find a way to eliminate stress completely?
- How do you think food will change in the future? Will it become healthier?

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HEALTH IN SOCIETY

- What role should schools play in teaching children about health?
- How can communities help people live healthier lives?
- Should governments introduce more taxes on unhealthy foods?
Why or why not?
- Do you think employers should give workers more time to
exercise or relax?
- What are some effective ways to raise awareness about healthy
living?

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HEALTH IN SOCIETY

- If you could travel anywhere in the world, where would you go and why?
- Imagine you were offered a free trip to space. Would you go? Why or why not?
- If you had unlimited time and money, how would you plan the perfect trip?
- How would travelling change if there were no airplanes?
- If over-tourism continues to rise, how might popular destinations look in 20 years?

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LIFESTYLE CHALLENGES

- What's the hardest part about staying healthy in your opinion?
- How do you manage to stay active when you're busy?
- Why do so many people quit their fitness routines after a few weeks?
- What advice would you give to someone who wants to start living a healthier lifestyle?
- How do you handle situations where you're tempted to eat unhealthy food or skip exercise?
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PERSONAL QUESTIONS

- Do you enjoy cooking? Do you think cooking at home is healthier than eating out?
- How do you motivate yourself to stay active when you feel lazy?
- What is your favorite form of exercise or sport? Why do you like it?
- How often do you eat fast food? Do you think it affects your health?
- Do you think drinking water is essential for a healthy lifestyle? How much do you drink daily?
- Do you prefer outdoor or indoor exercises? Why?
- Have you ever changed your lifestyle to become healthier? What changes did you make?
- Do you ever feel guilty about not taking care of your health?

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SITUATIONAL AND PROBLEM-SOLVING QUESTIONS

- Imagine you have a friend who refuses to exercise. What advice would you give them?
- If someone is feeling stressed but doesn't have time to relax, what should they do?
- Imagine you're on a long trip and don't have access to healthy meals. How would you manage?
- What would you recommend to someone who wants to lose weight but hates exercising?
- If you suddenly felt very unhealthy, what would be the first step you'd take to change?
- Imagine a doctor told you to stop eating your favorite food because it's unhealthy. What would you do?

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OPINIONS ABOUT SOCIAL AND CULTURAL TRENDS

- Why do you think some people follow extreme diets, like fasting or keto?
- Do you think society puts too much pressure on people to look fit? Why?
- Why do you think gym memberships are expensive in some countries?
- Is it better to exercise at home or in a gym? Why?
- How do social media platforms affect young people's body image?

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OPINIONS ABOUT SOCIAL AND CULTURAL TRENDS

- Do you think fitness challenges (like 30-day plans) are effective, or just a trend?
- How has modern technology, like apps or wearable devices, changed how people stay healthy?
- Should restaurants include calorie information on menus?
Why or why not?

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