

PART 3

Discussion topics:

Keeping fit and healthy

Example questions:

What do most people do to keep fit in your country?

How important is it for people to do some regular physical exercise?

Health and modern lifestyles

Example questions:

Why do some people think that modern lifestyles are not healthy?

Why do some people choose to lead unhealthy lives?

Should individuals or governments be responsible for making peoples lifestyle healthy?

What could be done to encourage people to live in a healthy way?