EXERCISE
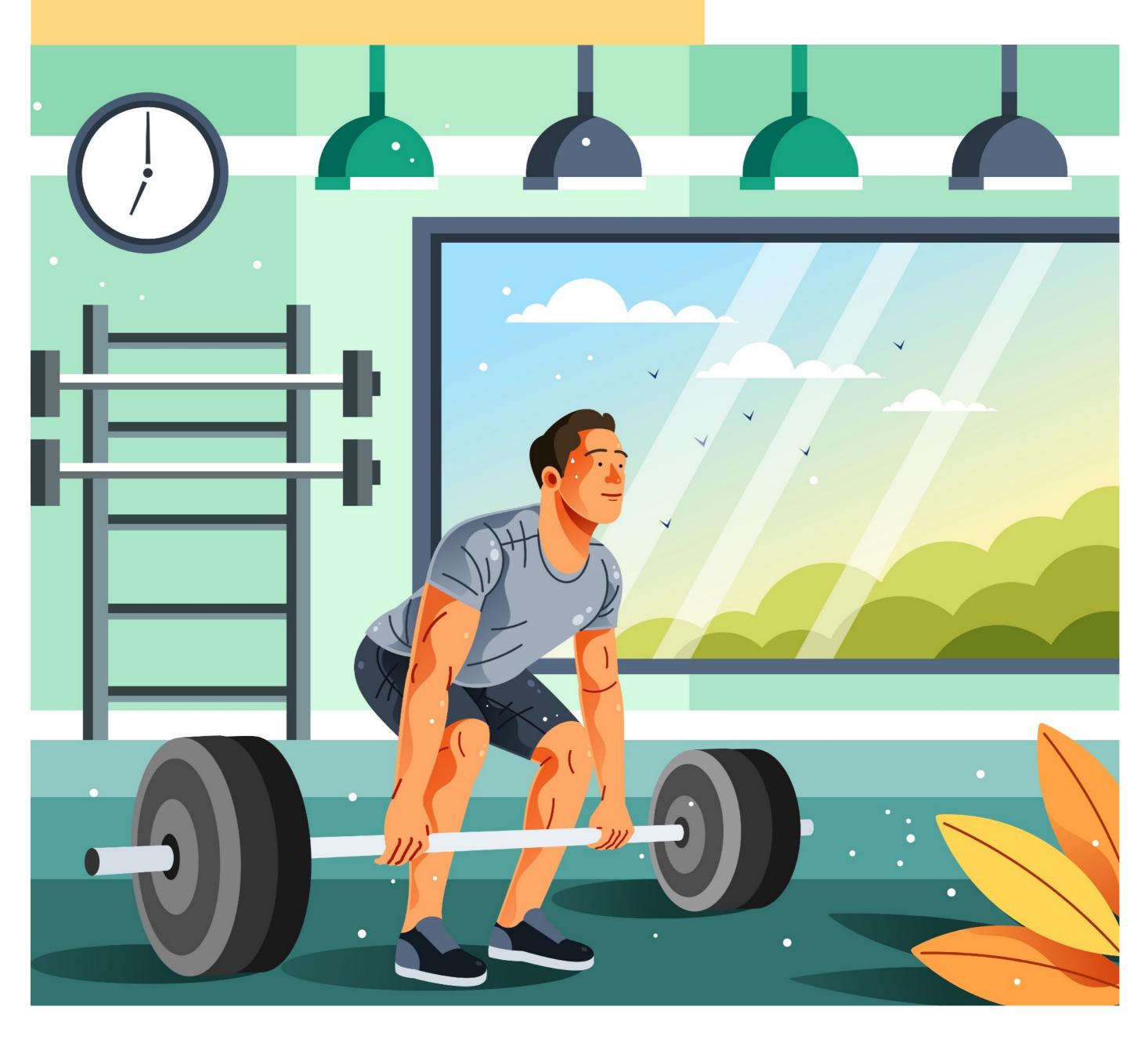
DISCUSSION QUESTIONS

A2

1. What exercises do you like?

2. How often do you exercise?

3. Can you name three exercises?

4. Do you prefer to exercise alone or with friends?

5. What do you wear when you exercise?

6. Where do you like to exercise?

7. Do you play any sports?

8. How do you feel after exercising?

9. What is your favorite outdoor activity?

10. Can you swim?

11. Do you have a bicycle?

12. What games do you play that involve exercise?

13. Do you exercise at school?

14. How do you stay healthy?

15. What is the best exercise for the morning?

16. Do you drink water when you exercise?

17. What music do you listen to when you exercise?

18. Can you jump rope?

19. Do you like to walk or run?

20. What exercises are difficult for you?

B1

1. Why is exercise important for health?

2. How can you stay motivated to exercise?

3. What are the benefits of joining a gym?

4. How does exercise affect mood and stress?

5. What is the best time of day to exercise?

6. How do you balance exercise with work or study?

7. What are some fun ways to exercise?

8. Can you describe a good workout routine?

9. How do you warm up before exercising?

10. What are the benefits of yoga?

11. How does diet affect exercise?

12. What sports are popular in your country?

13. How do you prevent injuries when exercising?

14. What are the advantages of team sports?

15. How do you track your exercise progress?

16. What is your opinion on fitness apps?

17. How does weather affect your exercise routine?

18. What are some indoor exercises?

19. How can families exercise together?

20. How does exercise improve sleep?

B2

1. Discuss the long-term benefits of regular exercise.

2. How does exercise contribute to mental health?

3. What are the challenges of staying fit in modern life?

4. Can you compare different types of exercise?

5. How can communities promote physical activity?

6. What role does technology play in fitness?

7. How do exercise needs change with age?

8. Can you discuss the concept of a balanced exercise routine?

9. How does exercise impact overall life expectancy?

10. What are the social aspects of exercising?

11. How does culture influence exercise habits?

12. What are the benefits of high-intensity workouts?

13. How can exercise be made more accessible to everyone?

14. What is the importance of rest and recovery in exercise?

15. How do professional athletes train?

16. How does exercise affect cognitive functions?

17. Can you discuss the role of personal trainers?

18. What are the ethical considerations in competitive sports?

19. How do trends in exercise and fitness evolve?

20. What is the future of exercise and fitness?

C1

1. Analyze the relationship between exercise and healthcare costs.

2. Discuss the impact of sedentary lifestyles on health.

3. Evaluate different philosophies of physical fitness.

4. Can you explore the role of exercise in disease prevention?

5. Analyze the psychological barriers to regular exercise.

6. Discuss the impact of urban design on physical activity.

7. Evaluate the role of government in promoting exercise.

8. Can you explore the link between exercise and productivity?

9. Analyze the cultural differences in attitudes towards exercise.

10. Discuss the role of schools in promoting physical education.

C2

1. Critique the representation of exercise and fitness in the media.

2. Discuss the philosophical aspects of physical culture.

3. Evaluate the impact of globalization on fitness trends.

4. Analyze the role of exercise in identity formation.

5. Discuss the intersection of exercise, ethics, and morality.

6. Evaluate the influence of corporate interests in the fitness industry.

7. Analyze the implications of genetic factors in physical fitness.

8. Discuss the role of exercise in community building.

9. Evaluate the impact of public health policies on exercise habits.

10. Analyze the future directions of exercise science and physical education.