Now, I'd like you to talk about something together for about two minutes.

Here are some ideas for you to talk about and a question for you to discuss. First you have some time to look at the task.

Now. I'd like you to **talk about what the pros and cons of exercise are**

*Physical activity is an essential part of staying both physically and mentally healthy.*

*What are the benefits and drawbacks of exercising as part of a group?*

- **Motivation**
- **Level of activity**
- **Collaboration**
- **Atmosphere**
- **friendship**

*Use the following questions, in order, as appropriate:*

- Do you prefer working out alone or with others?
- Many people think that the only way to stick to a sport is to compete. What do you think?
- Are you a fan of being involved in team sports?
- Are the spectators an important part of sport?
- Are you used to doing exercise in the morning or the evening?