Intercambio Idiomas Online

SPEAKING ACTIVITIES (B1): HEALTH AND FITNESS
B1: STARTER QUESTIONS… PREFERENCES

Which is the easiest way to lose weight, …?
- to eat salad for dinner or to fast
- to do regular exercise or to hire a personal trainer
- to eat a balanced diet or to avoid eating junk-food

Which do you prefer doing in your fitness regime, …?
- to go jogging in the mornings or to go walking on a daily basis
- to go swimming or to do yoga
- to go to the gym or to work out at home

Which should you avoid, …?
- smoking or eating junk-food
- eating big meals or having snacks in between meals
- eating lots of sugar or eating lots of meat

Situation:

You want to take up a new fitness plan, but you do not have a lot of money to spend. Here are some ideas to help you.
You are thinking of the best ways to stay in shape.
Discussion questions:

1. *Do you prefer exercising indoors or outdoors?*
2. *Do you find it easier to follow a balanced diet or do regular exercise?*
3. *Who do you normally work out with?*
4. *What are the most popular ways to stay fit in your country?*
5. *What kinds of sports can you do where you live?*