

Health and Fitness

Discussion Topic Pack

A warm-up, vocabulary, and graded discussion questions for talking about **Health and Fitness**.

Name _____ Class _____ Date _____ Score _____

Warm-up: What is the first thing you think of when you hear the word "health"?

1 · Vocabulary

Word	Meaning	Example
exercise	Physical activity that improves fitness and health	<i>I try to exercise for at least thirty minutes every day.</i>
diet	The kinds of food that a person habitually eats	<i>My diet includes a lot of fruits and vegetables.</i>
energy	The strength and vitality required for sustained physical or mental activity	<i>After a good night's sleep I have plenty of energy for my morning run.</i>
stress	A state of mental or emotional strain resulting from demanding circumstances	<i>Many people use yoga to reduce stress.</i>
routine	A regular, repeated set of actions	<i>My morning routine always starts with a short stretch.</i>
muscle	Tissue in the body that can contract to produce movement	<i>Strength training helps build muscle.</i>
wellbeing	The state of being comfortable, healthy, or happy	<i>Regular walks in the park improve my overall wellbeing.</i>
obesity	The condition of being grossly overweight	<i>Obesity can lead to serious health problems.</i>

2 · Discussion Questions

Take turns asking and answering — try to give a full answer, not just yes or no.

- 1 What kind of exercise do you enjoy doing in your free time?
- 2 How often do you exercise each week?
- 3 What foods do you usually eat for breakfast?
- 4 Do you think you have a healthy lifestyle? Why or why not?
- 5 How does regular exercise affect your mood?
- 6 What are some common obstacles that stop people from staying fit?
- 7 In your opinion, how important is it for schools to teach physical education?
- 8 How could a city encourage its residents to be more active?
- 9 What are the long-term health risks of a sedentary lifestyle?
- 10 If you could design a perfect fitness program for everyone, what would it include?

3 · Extension

Try this: Role-play: You are a personal trainer meeting a new client who wants to improve their fitness. Conduct a short conversation where you ask about the client's goals, current routine, and suggest a simple, realistic plan.