Discussion questions

- **Is there any connection between the person's style of life and the duration of his life?**

- **What do you prefer, to eat everything you like, drink a lot, smoke, have no physical exercise and die at the age of 60 or lead a healthy life and live until 100?**

Food and diet

- What's your diet like?
- What is a **healthy diet** like?
- Do you track the **amount of calories** you eat every day?
- Do you eat fast food?
- Have you ever heard about **intermittent fasting**?

Exercise

- How often do you do exercises?
- What type of exercises do you do?
- What are some of the benefits of being **physically fit**?
- Do you think that exercising can make you feel happier?

Staying healthy

- How often do you get sick?
- What are the best ways to **avoid getting sick**?
- Why are check-ups important?
- Do you go for regular **medical check-ups**?

Sleep

- Why a good sleep is important for your health?
- How many hours of sleep do you get a night?
- What are some tips to sleep better?
- What are some of the consequences of **poor sleep**?

Stress

- What **causes** you **stress**?
  Work? People at work? (boss)
  Family?

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Relationships with friends?

While **commuting to work**?

- What are some other examples of **stressors**?
- What are the **symptoms of stress**?
- What are the conequences of **long-term stress**?
- What is the best way to **deal with stress**?

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