November 16+18, 2020

HEALTH and FITNESS:

#	Questions	Your Answer
1	Are you in good health?	
2	What do you do to stay healthy?	
3	How often do you exercise?	
4	Is your diet healthy?	
5	How often do you eat junk food?	
6	Do you eat a lot of fruits and vegetables?	
7	Do you take vitamins?	
8	Are you overweight?	
9	Have you ever been on a diet? Did you lose weight?	
10	Have you ever stopped doing something for your health?	
11	Do you have a lot of stress?	
12	How many hours of sleep do you get a night?	
13	If you want to live a long life, what should you do?	