"Healthy life"

Conversation questionbI

1. What can cause overweighting? What are the consequences of it? What are the ways of solving this problem? What is the best way of losing the weight and never putting on weight?

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2. Why shouldn't we skip meals?

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3. Why is it very important to get enough sleep? What are the consequences of staying up late?

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4. What are the advantages of taking up the new sport or hobby? Does it help to cope with stress?

Why?_____

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5. What are the reasons of being stressed out always? How do you cope with this every day?

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6. Do you agree with this statement"Laughing is good for your health"? Are you environmentally-

friendly?_____

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7. Sitting around or at a desk all day is one of the reasons of being tired. What other reasons do you know?

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