

MODULE 3: Desarrollo de procesos de comunicación en inglés a nivel intermedio.

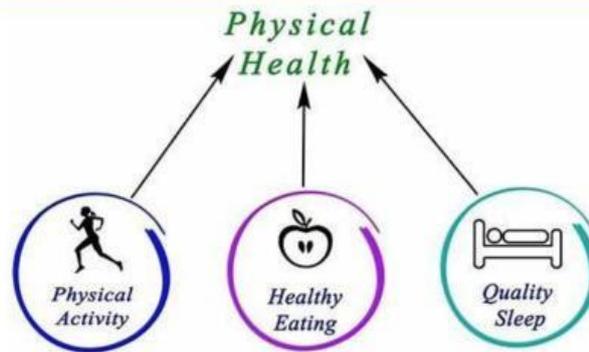


**INSTRUCTIONS**

Watch the next video, take notes and share them with the class



# PHYSICAL HEALTH



## INSTRUCTIONS

Discuss the following questions with your classmates. Make sure you develop your ideas as much as you can.

1. How would you define physical health?
2. What role does exercise play in maintaining physical health?
3. How do you incorporate physical activity into your daily routine?
4. What are some benefits of regular exercise for the body and mind?
5. Are there any specific types of exercise or physical activities that you enjoy? Why?
6. How does nutrition contribute to physical health?
7. What are some healthy eating habits you practice?
8. Can you share any tips for maintaining a balanced diet?
9. How do lifestyle choices, such as sleep and stress management, impact physical health?
10. What are some common misconceptions about physical health that you would like to address?
11. How can individuals motivate themselves to make positive changes in their physical health habits?
12. How does physical health affect other areas of our lives, such as productivity and relationships?
13. What are some strategies to overcome barriers or challenges in maintaining physical health?
14. Can technology and mobile apps support and enhance physical health goals? Share your thoughts.
15. How can communities and companies promote physical health among individuals of all ages?

