

# EXERCISE DISCUSSION

## STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What springs to mind when you hear the word 'exercise'?
- 2) Why is exercise so important?
- 3) What kind of exercise do you think is best?
- 4) Do you wish you could exercise more?
- 5) Why do many people not exercise?
- 6) Do you think it's easy or difficult to find time to exercise during the day?
- 7) Do you think people who exercise are happier than those who don't?
- 8) Do you think there should be a law that requires everyone to exercise?
- 9) Is it more fun to exercise alone or with other people?
- 10) Do you need advice about how to exercise?

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# EXERCISE DISCUSSION

## STUDENT B's QUESTIONS (Do not show these to student A)

- 1) Do you like exercise?
- 2) Who do you know who exercises a lot?
- 3) What are the bad things about exercise?
- 4) Which exercise would you prefer: jogging, swimming or cycling?
- 5) Is not exercising a crime against your body?
- 6) Do you think the government should do more to ensure everyone exercises?
- 7) How can you adapt the everyday things you do to increase your level of exercise?
- 8) Do you think exercising makes your brain work better?
- 9) What do you think of the idea of having higher hospital charges for those who don't exercise?
- 10) If exercise makes you live a lot longer, why do so many people not bother to do it?

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