

Conversation Questions about Health

Journal

What is the best thing you do for your health?

What is the worst thing you do for your health?

Directions: Take time to answer each question. Share one of your answers with the class.

1. Are you a member of a health spa or gym?
2. What are some ways to deal with stress?
3. What are some ways you know that you can personally keep yourself healthy?
4. How can you reduce stress in your life?
5. Do you always eat healthy food?
6. Do you eat lots of fruit?
7. Do you eat vegetables every day?
8. What kind of exercise do you do?
9. How often do you exercise?
10. Do you think it is unhealthy to keep a cat in your home?