



Keeping Healthy: 10 Questions

1. wuja SAY you are LEADing a HEALthy LIFE?
2. are y' ALso KEEping in SHAPE?
3. are y' GETting enough EXercise?
4. are y' SLEEpIng enough at NIGHT?
5. WHAT dju Us'lly have t' EAT?
6. dju 'ave any WEAKnesses?
7. HOW are y' Getting' y' VItamins?
8. are y' WORKing TOO much?
9. HOW dju reLAX a' NIGHT?
10. WHA wuja CHANGE t' imPROVE y' HEALTH?

1. Would you say you are leading a healthy life?
2. Are you also keeping in shape?
3. Are you getting enough exercise?
4. Are you sleeping enough at night?
5. What do you usually have to eat?
6. Do you have any weaknesses?
7. How are you getting your vitamins?
8. Are you working too much?
9. How do you relax at night?
10. What would you change to improve your health?