

Keeping Healthy: Very Long Interview Questions

Underline the important words and remember to lengthen the sound of the important words

reduced sounds: wu:ja – would you are y' – are you d'ju – do you to – t'

Regular routine: Do you (regular for a long period) Are you (regular but more recent and maybe not permanent)

Possible synonyms: to lead a healthy life / to keep in shape / to stay fit/healthy / to be in tip-top condition

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?
11. How often do you usually exercise in a week?
12. How long do you do this exercise routine for?
14. What kind of exercise do you do in your workout?
15. When did you last exercise?
16. Do you belong to a gym?
17. Are there any places near your house where you can work out?
18. Do you think it is important to be out in the sun when you exercise?
19. What sports would you say is best to do in order to keep in shape?
20. Can you think of any healthy activities other than sport to keep yourself in tip-top condition?
21. How far do you think you walk everyday?
22. What aren't you doing which you feel you should be (doing)?
23. Is there anything you have been trying to do lately to stay fit?
24. What else can you do besides sport and exercise to stay healthy?
25. How much sleep do you get a night?
26. What time do you get up in the morning?
27. Do you think you get a good night's sleep?
28. Are you good at getting up in the morning?
29. Are you using your phone too much at night?
30. Are you getting enough vitamins in your diet?
31. Do you think you drink enough water every day?
32. *How much* water do you think you should drink a day?
33. How much do you actually drink?
35. Would you say you are having a balanced diet?
36. *What foods* do you think are good for your health?
37. What kinds of food should you avoid?
38. What do you particularly pay attention to in your diet?
39. How much veg should you eat a day?
40. Do you think eating meat is good for you or not?

41. What about fish? Is that good for you?

42. Are you careful about nutrition?

43. Are you taking any vitamin supplements?

44. What should you actually be doing to stay healthy?

45. Do your parents care about their health?

46. How about your grandparents? What do they do to keep healthy?

47. What can you learn from them?

48. Do you feel stressed in your life?

49. What is the best way to relieve stress?

50. Do you binge eat to cheer yourself up?

51. Have you been able to exercise much since the corona outbreak?

52. What do you think about those who drink or smoke?

53. Do you think health is more important than wealth?

54. Could you tell me why there are so many people out of shape?

55. What advice would you give them?

56. Do the seasons affect how often you exercise?

57. Do the seasons affect how healthy your diet is?

58. What goals will you set this week to stay healthy?

59. Are you burning the candles at both ends?

Useful expressions:

Switch off

– to relax by not thinking about anything

Birning the candles at both ends

– doing too much so you feel tired or stressed