

Warmup.



## EXERCISE

1. Do you like to exercise? Why or why not?
2. What type of exercise do you do?
3. Where is a good place to exercise?
4. What does it mean to go for a 'workout'?
5. Are there many gyms in your town or city?
6. Do you walk or ride a bicycle regularly?
7. Do you take the stairs or use the elevator/lift?
8. What is the best time of the day to exercise?
9. What kind of exercise do you think is best?
10. Do you wish you could exercise more?
11. Does it make you happy to exercise?
12. What exercise do you NOT like?

