Personal Fitness

1. What types of exercise do you enjoy the most? Why?
2. How often do you exercise each week?
3. What motivates you to stay active?
4. What challenges do you face when trying to exercise regularly?
5. Do you prefer exercising alone or with others? Why?
6. What are your fitness goals?
7. How do you warm up before exercising?
8. What is your favorite type of cardio exercise?
9. Have you ever worked with a personal trainer? What was your experience?
10. What equipment do you use when you exercise?
11. How important is flexibility in your fitness routine?
12. What do you do to cool down after a workout?
13. How do you stay motivated on days when you don't feel like exercising?
14. What are some benefits of strength training?
15. How do you track your progress toward your fitness goals?
16. What role does diet play in your fitness routine?
17. How do you balance exercise with other responsibilities?
18. What outdoor activities do you enjoy?
19. Have you ever tried yoga or Pilates? What did you think?
20. How do you make time for exercise in a busy schedule?
21. What advice would you give to someone just starting to exercise?
22. How do you stay safe while exercising?
23. What is your favorite way to relax after a workout?
24. How has your attitude toward fitness changed over time?
25. What drink do you usually order with your meal and why?

🔥 **Optional Warm-Up Activity: "Fitness Identity Corners"**

Step 1: Post four signs around the room

- Gym Lover
- Outdoor Exerciser
- Home Workout Person
- Not Active… Yet

Step 2: Learners choose a corner

Ask them to stand by the sign that best describes their current fitness identity.

Step 3: Small-group conversation

Give each group 2–3 prompts to discuss for 3–4 minutes:

- What do you like about this type of exercise?

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- What challenges do you face?
- What would help you stay more active?

Step 4: Whole-class share

Each group shares one interesting idea or common challenge.

Vocabulary List

Cardio	Exercise that increases your heart rate (running, cycling).
Strength training	Exercise that builds muscle using weights or resistance.
Warm-up	Light activity before exercise to prepare your body.
Cool-down	Gentle movement after exercise to help your body recover.
Reps (repetitions)	How many times you repeat an exercise movement.
Set	A group of reps done together.
Personal trainer	A professional who helps you exercise correctly and safely.
Membership	A paid subscription to a gym or fitness center.
Equipment	Machines or tools used for exercise (treadmill, weights).
Treadmill	A machine for walking or running indoors.
Dumbbells	Small hand weights used for strength training.
Yoga mat	A padded mat used for yoga or stretching.
Flexibility	How easily your body can bend or stretch.
Endurance	Your ability to exercise for a long time without getting tired.
Routine	A regular schedule or pattern of exercise.
Motivation	The reason or energy you have to do something.
Calories	Units of energy in food; exercise burns calories.
Balanced diet	Eating a variety of healthy foods in the right amounts.
Fitness goals	Targets you want to reach (run 5 km, lose weight, gain muscle).
Active lifestyle	A way of living that includes regular movement and exercise.

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