

International Conversation Cafe

Lifestyle Topic: Healthy Lifestyles

Definition of health: the state of being bodily and mentally vigorous and free from disease

There are three parts to this discussion: idioms, discussion questions, and quotes. Start at whatever section seems attractive to your group.

Read the following common idioms and use in your own sentences.

in the best of health- very healthy “Jane is in the best of health. She rarely gets sick. I haven't been in the best of health. I think I have a cold.”

nurse someone back to health- to care for a sick person until good health returns. “John helped nurse his father back to health as he recovered from his chemotherapy.”

picture of health- in a very healthy condition. “My children are the picture of health.”

a clean bill of health-to have your health in good condition, especially after a serious illness. “John was given a clean bill of health from his doctor after recovering from pneumonia.”

Components of a Healthy Lifestyle

Sleep

How much sleep should a person get: a child, a teenager, an adult?

How much sleep do you need to feel great the next day?

What happens when you do not get enough sleep physically, mentally and emotionally?

Are there regular routines you have that help you sleep well at night?

Food

What is healthy food?

Do you pay much attention to what you eat?

Do you think diets are useful or not?

Have you ever tried to go on a diet?

What kind of diet was it?

Did it work?

Physical Exercise

What are your favorite ways to exercise?

Do you enjoy and how often do you exercise?

How do you motivate yourself to exercise?

What are the benefits of physical activity such as jogging, going to a gym, or swimming?

Smoking

What is your attitude about smoking?

What is the influence of smoking on health?

Alcohol

What is your attitude about alcohol?

Can alcohol contribute to health?

What damage does alcohol do to health?

Stress

What are the biggest sources of stress in your life?

How do you usually cope with stress?

What is the effect of stress on health?

Read the following famous quotes and restate them in your own words. Tell whether you agree with the author or no.

To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear. ~Buddha

Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul. ~John Muir

Man needs difficulties; they are necessary for health. ~Carl Jung