

International Conversation Cafe

Lifestyle Topic: Physical Health

What makes for good physical health? Most experts recommend 6 steps.

1. Eat a nutritious diet.
2. Get exercise.
3. Get sleep.
4. Pay attention to personal cleanliness and environment.
5. Stay emotionally healthy.
6. Do not smoke, abuse alcohol or drugs.

Our discussion will revolve around these 6 areas. If you will not have time to discuss all of these areas, choose a few that are most interesting to your small group.

1. Eat a nutritious diet.
 - a. *What do you consider a “nutritious diet?”*
 - b. *Do you typically eat a nutritious diet? Why or why not?*
 - c. *What foods do you eat that you consider “non-healthy?”*
 - d. *Are there any changes you would like to make in your eating styles and patterns?*
 - e. *How is the diet from your home country different from what you eat now? Do you think one is healthier than another?*
 - f. *Would you like to improve your diet and how would you do it?*
2. Get Exercise
 - a. *What do you do for exercise now?*
 - b. *Are there any changes you would like to make in your personal exercise? If so, what would you do?*
 - c. *What is a popular way to exercise in your country?*
 - d. *Do you like to exercise in gyms or at home or outside?*
3. Get enough sleep
 - a. *How many hours of sleep do you get each night, on average?*
 - b. *Do you have trouble going to sleep at night? What techniques do you use to help yourself fall asleep?*
 - c. *Dr. Allison Siebern, associate director of the Insomnia and Behavioral Sleep Medicine Program at Stanford University says, “When it comes to bedtime, he says there’s a window of a several hours—roughly between 8 PM and 12 AM—during which your brain and body have the opportunity to get all the non-REM and REM shuteye they need to function optimally.”*
 - d. *When do you typically sleep...at what time do you go to bed and get up? Have you found your feel better going to sleep at a certain time rather than another?*

4. Pay attention to personal and environmental cleanliness
 - a. *What areas of your apartment do you consider important to keep clean?*
 - b. *What areas are not necessary to clean?*
 - c. *What do you think is essential for personal cleanliness?*
 - d. *Have you noticed a different standard of personal and environmental cleanliness living in one country to another? Explain the differences.*

5. Stay emotionally healthy
 - a. *PsyD Doris Jeanette, says, "Emotional health is the degree to which you feel emotionally secure and relaxed in every day life."*
 - b. *What causes you anxiety day by day?*
 - c. *How do you manage your anxiety?*
 - d. *How does anxiety affect your physical health?*

6. Do not smoke or abuse alcohol or drugs.
 - a. *What is the attitude in your country about smoking?*
 - b. *How do people in your country view the use of alcohol?*
 - c. *Is alcoholism a problem in your culture?*
 - d. *Is drug addiction a problem? If so, is there a part of the population are drawn to use drugs? How does the government address the problem?*
 - e. *What steps are taken to help people who are addicted to drugs or alcohol?*

Is there anything else you would like to add to the list?