

# Sports and Exercise

Do you exercise regularly? If so what exercise do you usually do?

Do you enjoy exercising or is it something you'd prefer not to do?

Do you often go for a walk?

Do you ever go jogging?

Do you ever work out?

Have you ever done weights?

Do you ever go swimming?

Have you tried yoga or Pilates? Was it beneficial?

Have you ever had a personal trainer?

Do you consider yourself to be a 'sporty' person?

Do you ever play sports? Which sports?

Have you ever been a member of a sports club?

Are you a competitive person? Do you get a kick out of winning?

Do you enjoy ball sports? Are you good at them?

Are you good at running?

Do you like watching sports on TV?

Have you ever competed in an athletics sporting event?

Do you enjoy watching the Olympics? How about the World Cup?