

## No. 21 Questions

**HEALTH:** How important are these things to our health? What do you do?

	Importance	What You Do
Exercise		
Sleep		
Work		
Food		
Stress		
Hobbies		

**EXERCISE:** Rank these with your partner. Put the best forms of exercise at the top.

Cycling   Jogging   Swimming   Dancing   Aerobics  
Walking   Hiking   Weight training

What do you think of cycling?

Are there any bad things about cycling?

What do you do to keep fit?

How important are our knees?

What should older people do to stay fit and healthy?

When was the last time you got on a bike?

Has reading this article made you want to cycle?

What do you think of when you hear the word 'knees'?

What do you know about arthritis?