

# HEALTH AND FITNESS

1. How do you approach setting and achieving your health and fitness goals, and what strategies do you use to maintain motivation and consistency over time?
2. How do you balance the various aspects of a healthy lifestyle – such as diet, exercise, mental well-being, and sleep – and what challenges do you encounter in maintaining this balance?
3. How do you incorporate physical activity into your daily routine, and what types of exercise do you find most effective for both your physical and mental health?
4. How do you navigate the influence of modern diet trends and conflicting nutritional advice, and what principles guide your approach to healthy eating?
5. How do you assess the role of mental health in your overall well-being, and what practices do you use to manage stress, anxiety, or other psychological challenges?
6. How do you stay informed about the latest research and developments in health and fitness, and how do you evaluate the credibility of the sources you consult?
7. How do you approach the role of technology, such as fitness trackers and health apps, in managing your health and fitness goals, and what benefits or limitations do you see in these tools?
8. How do you balance the demands of a busy lifestyle with the need to prioritise health and fitness, and what time-management strategies do you employ to make space for self-care?
9. How do you respond to setbacks or periods of inactivity in your health and fitness journey, and what steps do you take to get back on track after a disruption?
10. How do you approach the social aspects of health and fitness, such as participating in group activities, finding workout partners, or navigating social events that involve food?
11. How do you address the psychological aspects of maintaining a healthy lifestyle, such as developing a positive body image, managing cravings, or overcoming emotional eating?
12. How do you personalise your health and fitness regimen to suit your unique needs and preferences, and what role does experimentation play in finding what works best for you?
13. How do you perceive the role of preventative care and regular health check-ups in maintaining long-term health, and how do you integrate these practices into your routine?
14. How do you navigate the influence of media and social expectations on health and fitness, particularly when it comes to body image and societal standards of beauty?
15. How do you adapt your health and fitness practices as you age, and what adjustments do you make to ensure that your regimen remains effective and sustainable over time?