

Health

Do you have a healthy diet?	Do you get enough exercise?
What food or drinks do you avoid for health reasons?	Do you take vitamins or other supplements?
Do you try to take care of your brain as well as your body?	What's the biggest thing you could do to improve your health?
How often do you go to the doctor for a check-up?	Do you think people today are healthier or unhealthier than 50 years ago?
Are you allergic to anything?	How much sleep do you usually get? Is it enough?