



### 3.4.2. Questions

#### Healthy lifestyle

1. In your opinion, what does healthy lifestyle mean?
  - physical health (nutrition, movement)
  - physical, psychological health (nutrition, movement, handling emotions)
  - physical, psychological and mental health (nutrition, movement handling emotions, way of thinking)
  - physical, psychological, mental and social well-being (nutrition, movement, handling emotions, way of thinking, human relationships)?
2. What does health mean to you? List 1-2 examples!
3. What skills are needed to develop a healthy lifestyle?
4. What factors can lead to health damage? List 5 examples!
5. What are you currently doing to maintain your mental and physical health?
6. What would you like to do in the next 6 months?