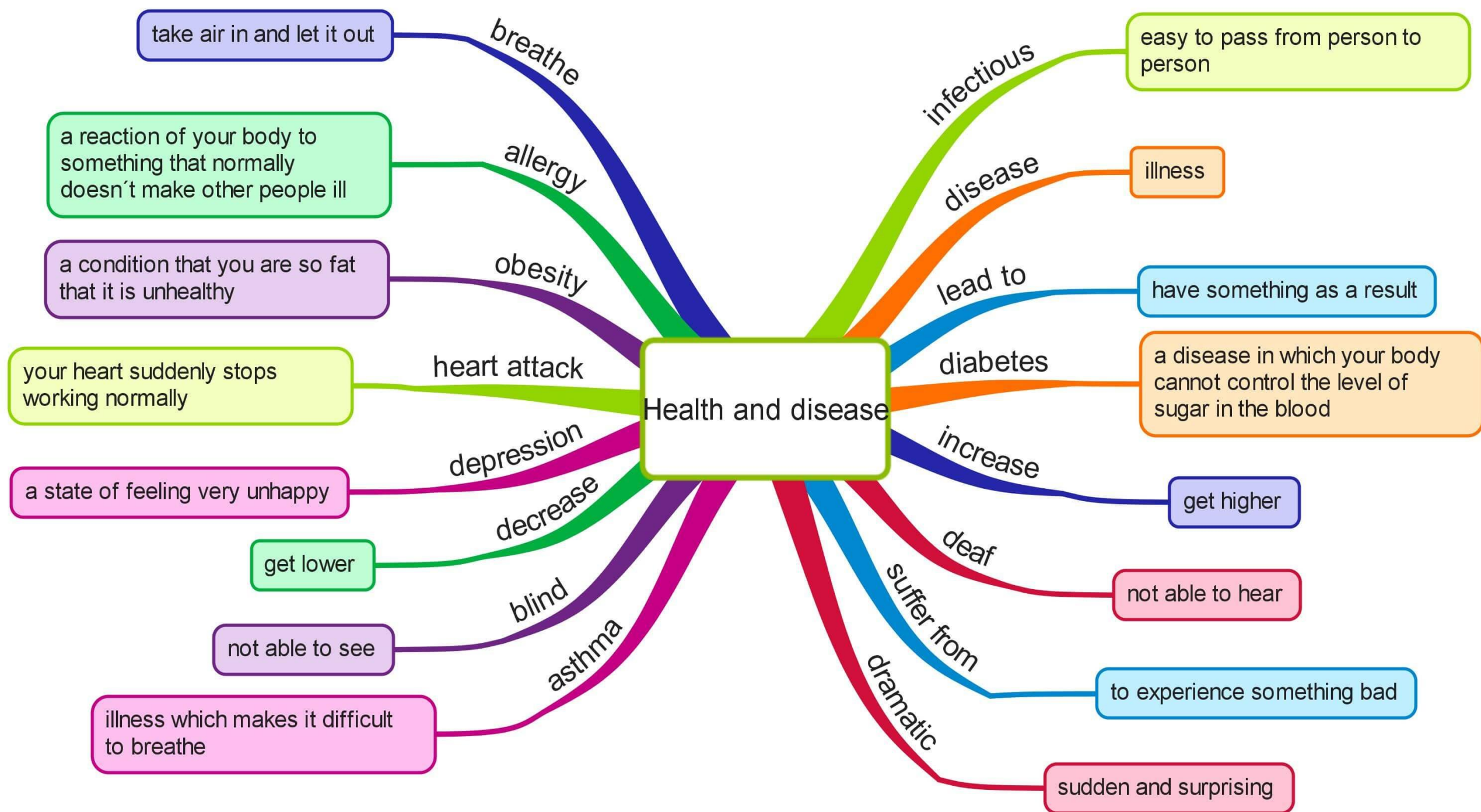




ACADEMIC LYCEUM “INTERNATIONAL HOUSE – TASHKENT”

1st semester
ENGLISH LANGUAGE







HEALTH

Phrasal Verbs

Pass away = Die

E.g. His mother **passed away** last year.



Run over = Hit by a vehicle

E.g. Two children were **run over** and killed.



Come down with = Become sick

E.g. I think I'm **coming down with** flu.



Fight off = Free yourself from an illness

E.g. I'm trying to **fight off** a cold.



Come to = Become conscious

E.g. When he **came to**, he was lying on the floor with his hands tied behind his back.



Pass out = Faint, lose consciousness

E.g. People everywhere were **passing out** from the heat.



Get over = Recover from something

E.g. It's taken me ages to **get over** the flu.

Vocabulary about fitness

to work out

probably, the most popular phrasal verb in English, it means to do some exercise

stretch the legs

to do some brief warm up exercises, to prepare for your full work out

strenuous session

harder workout for more experienced and fitter people

circuit training

specific exercises that you repeat several times

to shed pounds

to lose weight, to get rid of fat



spare tyre

excessive fat around your waist

ripped

very muscular, someone with clear muscle definition

workout gear

clothes that you wear to a gym or sports centre

jumping jacks



press-ups



cross crunches



squats



chair dips



sit-ups

9 GYM EQUIPMENTS



EXERCISE BALL



PUNCHING BAG



DUMBBELLS



**ELLPTICAL
CROSS TRAINER**



TREADMILL



BENCH PRESS



STEP MACHINE



TRAMPOLINE



FITNESS CYCLE



COMPLETE THE PARAGRAPH USING THE WORDS FROM THE BOX



GO ON A DIET JOGGING WEIGHT STRESS KEEP FIT
RELAXATION OVERWEIGHT AEROBICS

PEOPLE ARE MUCH MORE INTERESTED IN THEIR HEALTH THESE DAYS. MANY PEOPLE TRY TO BY IN THE PARK OR GOING SWIMMING OR BY PLAYING TENNIS CLASSES ARE HELPFUL TOO. BEING.....CAN BE DANGEROUS FOR HEALTH, SO MANY DOCTORS RECOMMEND TO..... AND LOOSE.....ANOTHER PROBLEM FOR OUR HEALTH ISTHERE ARE SIMPLE..... TECHNIQUES WHICH HELP OUR LIFE STYLE.

