

## PHYSICAL CONDITION & HEALTH VOCABULARY

### Topic 2: Physical condition and health

#### ✚ What is PHYSICAL CONDITION?

<b>organism</b>	<i>organismo</i>	<b>physical state</b>	<i>estado físico</i>
<b>effort</b>	<i>esfuerzo</i>	<b>(good) fitness</b>	<i>(buena) forma física</i>
<b>daily life</b>	<i>vida diaria</i>	<b>tiredness</b>	<i>cansancio</i>
<b>exhausted</b>	<i>exhausto, agotado</i>		

#### ✚ Which are the components?

<b>quality</b>	<i>cualidad</i>	<b>range of movement</b>	<i>amplitud de movimiento</i>
<b>to evaluate, assess</b>	<i>evaluar</i>	<b>joint</b>	<i>articulación</i>
<b>to value</b>	<i>valorar</i>	<b>to stretch</b>	<i>estirar</i>
<b>performance</b>	<i>rendimiento físico</i>	<b>speed</b>	
<b>endurance</b>		<b>quickly</b>	<i>con rapidez</i>
<b>to bear or to endure effort</b>	<i>aguantar esfuerzo</i>	<b>to move</b>	<i>desplazarse, moverse</i>
<b>strength</b>		<b>coordination</b>	<i>coordinación</i>
<b>load</b>	<i>carga, peso</i>	<b>agility</b>	<i>agilidad</i>
<b>to lift, pick up</b>	<i>levantar (carga o peso)</i>	<b>balance</b>	<i>equilibrio</i>
<b>flexibility</b>			

#### ✚ Physical condition and health

<b>long-distance runner</b>	<i>corredor de fondo</i>	<b>to prevent</b>	<i>prevenir</i>
<b>connected, joined</b>	<i>ligado</i>	<b>illness, disease</b>	<i>enfermedad</i>

#### ✚ What factors affect in physical condition and health?

<b>healthy habits</b>	<i>hábitos saludables</i>	<b>feeding</b>	<i>alimentación</i>
<b>psychic and social qualities</b>		<b>food</b>	<i>alimento, comida</i>
<b>to damage</b>	<i>perjudicar</i>	<b>nutrient</b>	<i>nutriente</i>
<b>confidence, self-confident</b>	<i>confianza, confianza en si mismo</i>	<b>to grow old, age</b>	<i>envejecer</i>
<b>will</b>	<i>voluntad</i>		
<b>self-discipline</b>	<i>autodisciplina</i>	<b>genetic conditions</b>	
<b>friendship</b>	<i>amistad, compañerismo</i>	<b>muscle fibre (fiber USA)</b>	<i>fibra muscular</i>
<b>physical exercise</b>		<b>drug-taking</b>	
<b>sedentary way of life (non active way of life)</b>	<i>sedentarismo (modelo de vida sin actividad física)</i>	<b>tobacco</b>	
<b>rest</b>		<b>spirits</b>	

#### ✚ Did you know...?

<b>beggar</b>	<i>mendigo</i>	<b>to sweat</b>	<i>sudar</i>
<b>often</b>	<i>a menudo</i>	<b>injury</b>	<i>lesión</i>
<b>thirst, be thirsty</b>	<i>sed, tener sed</i>	<b>elite athlete</b>	<i>deportista de elite</i>