

PHYSICAL EXERCISE, HEALTH & WARM-UP VOCABULARY

Topic 2: Physical Exercise and Health

Topic 3: Warm-up

✚ PHYSICAL EXERCISE and HEALTH

sedentary life	<i>sedentarismo</i>	danger	<i>peligro</i>
non active way of life	<i>modelo de vida sedentaria</i>	benefit	<i>beneficio</i>
sedentary	<i>sedentario</i>	to atrophy	<i>atrofiar(se)</i>
way of life	<i>modelo de vida</i>	to improve	<i>mejorar</i>
absence	<i>ausencia</i>	disease / illness	<i>enfermedad</i>

✚ WARM-UP

to warm up	<i>calentar, calentarse</i>	flexibility	<i>flexibilidad</i>
(a) warm-up	<i>(un) calentamiento</i>	to stretch	<i>estirar</i>
Warming up	<i>estar calentando</i>	(a) stretch	<i>(un) estiramiento</i>
performance	<i>rendimiento</i>	to do stretches	<i>hacer estiramientos</i>
risk	<i>riesgo</i>	stretching	<i>estar estirando</i>
injury	<i>lesión</i>	relaxation	<i>relajación</i>
to activate	<i>activar</i>	shower	<i>ducha</i>
body temperature	<i>temperature corporal</i>	have a shower	<i> ducharse</i>
mellow, soft	<i>suave</i>	to stretch one's leg	<i>estirar las piernas</i>
to sweat	<i>sudar</i>	to stretch one's arm	<i>estirar los brazos</i>