

Vocabulary, Collocation and Idioms

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Mehrdad_Sabir



Topic:

Healthy lifestyle

Vocabulary

1. vitality /vaɪˈtæləti/

Energy and strength.

Regular exercise boosts my vitality throughout the day.

سرزندگی، انرژی

2. resilience /rɪˈzɪliəns/

The ability to recover quickly from stress or difficulties.

Physical activity improves my mental resilience.

تاب‌آوری

3. stamina /ˈstæmɪnə/

The physical strength to keep going for a long time.

Running regularly has increased my stamina.

استقامت

4. metabolism /məˈtæbəˌlɪzəm/

The chemical process that controls how the body uses energy.

A faster metabolism helps burn calories efficiently.

متابولیسم، سوخت‌وساز

5. nutrition /nuːˈtrɪʃən/

The process of getting the food your body needs.

Good nutrition is essential for long-term health.

تغذیه

6. immunity /ɪˈmjuːnəti/

The body's ability to fight illness.

Eating fruit every day strengthens my immunity.

ایمنی بدن

7. hydration /haɪˈdreɪʃən/

The act of providing the body with enough water.

Proper hydration keeps my mind sharp.

هیدراته ماندن

8. endurance /ɪnˈdʊərəns/

The ability to continue doing something difficult.

Cycling improves both strength and endurance.

پایداری، استقامت

9. mindfulness /ˈmaɪndfʊlnəs/

Being mentally present and aware.

Mindfulness helps me manage daily stress.

ذهن آگاهی

10. detoxification /diːˌtɒksɪfɪˈkeɪʃən/

The process of removing harmful substances from the body.

Drinking water supports natural detoxification.

سمزدایی

11. wellness /ˈwelnəs/

The state of being healthy in body and mind.

My company promotes wellness among employees.

سلامتی کلی

12. longevity /lɒnˈdʒevəti/

Long life or long duration of health.

Healthy habits can increase longevity.

طول عمر

13. moderation /ˌmɒdəˈreɪʃən/

Doing things within reasonable limits.

I eat sweets in moderation.

اعتدال

14. appetite /ˈæpɪtaɪt/

The feeling of wanting food.

Exercise usually increases my appetite.

اشتها

15. obesity /oʊˈbiːsəti/

Being extremely overweight.

Obesity is becoming a serious global issue.

چاقی مفرط

16. deficiency /dɪ'fɪʃənsi/

Not having enough of something your body needs.

Vitamin D deficiency is common in winter.

کمبود

17. inflammation /ˌɪnflə'meɪʃən/

Swelling in the body caused by infection or injury.

A poor diet can increase inflammation.

التهاب

18. fatigue /fə'ti:g/

Extreme tiredness.

Lack of sleep often leads to fatigue.

خستگی شدید

19. hygiene /'haɪdʒi:n/

Practices that keep you clean and healthy.

Good hygiene prevents infections.

بهداشت

20. rejuvenation /rɪ'dʒu:və'neɪʃən/

Becoming healthier, younger, or fresher.

A good night's sleep brings a sense of rejuvenation.

تجدید نیرو، شادابی دوباره

Collocations

1. maintain a balanced diet /meɪn'teɪn ə 'bælənst daɪət/

To keep eating all food groups in the right proportions.

I try to maintain a balanced diet even when I'm busy.

رعایت یک رژیم غذایی متعادل

2. build physical stamina /bɪld 'fɪzɪkəl 'stæmɪnə/

To improve long-lasting physical strength.

Swimming regularly helps me build physical stamina.

ساختن استقامت بدنی

3. reduce stress levels /rɪ'dju:s stres 'levəlz/

To lower mental or emotional pressure.

Meditation helps me reduce stress levels after work.

کاهش سطح استرس

4. strengthen the immune system /'streŋθən ði ɪ'mju:n 'sɪstəm/

To make the body better at fighting illness.

Eating more vegetables can strengthen the immune system.

تقویت سیستم ایمنی

5. improve cardiovascular health /ɪm'pru:v ,kɑ:rdiəv'væskjələr helθ/

To make the heart and blood vessels healthier.

Jogging three times a week improves cardiovascular health.

بهبود سلامت قلب و عروق

6. adopt healthy habits /ə'dɒpt 'helθi 'hæbɪts/

To start following health-friendly routines.

I'm trying to adopt healthy habits like walking every morning.

پذیرفتن عادات سالم

7. get adequate sleep /get 'ædɪkwət sli:p/

To sleep enough for your health.

If I don't get adequate sleep, I feel exhausted the next day.

داشتن خواب کافی

8. stay physically active /steɪ 'fɪzɪkli 'æktɪv/

To move your body regularly.

I stay physically active by doing home workouts.

فعال ماندن از نظر بدنی

9. follow a workout routine /'fɒləʊ ə 'wɜːrkaʊt ruː'tiːn/

To exercise regularly according to a plan.

I follow a workout routine to keep myself fit.

پیروی از برنامه تمرینی

10. manage emotional well-being /'mænɪdʒ ɪ'moʊʃənəl wel'biːɪŋ/

To take care of your mental and emotional health.

Journaling helps me manage my emotional well-being.

مدیریت سلامت روانی

11. cut down on sugar /kʌt daʊn ɒn 'ʃuːɡər/

To reduce the amount of sugar you consume.

I'm trying to cut down on sugar to improve my skin.

کم کردن مصرف شکر

12. boost energy levels /buːst 'enərdʒi 'levəlz/

To increase your physical or mental energy.

Drinking enough water boosts my energy levels.

افزایش سطح انرژی

13. prevent chronic diseases /pri'vent 'krɒnɪk dɪ'ziːzɪz/

To avoid long-term illnesses.

A healthy lifestyle can prevent chronic diseases like diabetes.

جلوگیری از بیماری‌های مزمن

**14. practice mindfulness meditation /'præktɪs 'maɪndfʊlnəs
,medɪ'teɪʃən/**

To meditate by focusing on the present moment.

I practice mindfulness meditation to stay calm.

تمرین مدیتیشن ذهن‌آگاهی

15. improve eating patterns /ɪm'pruːv 'iːtɪŋ 'pætərnz/

To develop healthier ways of eating.

I'm trying to improve my eating patterns by cooking at home more often.

بهبود الگوهای غذایی

Idioms

1. in good shape /ɪn ɡʊd ʃeɪp/

To be physically fit.

I go jogging every week to stay in good shape.

در فرم خوب بودن، تناسب اندام داشتن

2. as fit as a fiddle /əz fɪt əz ə 'fɪdəl/

Very healthy and energetic.

My grandfather is almost 80 but he's as fit as a fiddle.

بسیار سالم و سر حال

3. recharge your batteries /riː'tʃɑːrdʒ jɔːr 'bætəriz/

To rest and recover your energy.

I take short naps during the day to recharge my batteries.

تجدید انرژی کردن

4. under the weather /ˌʌndər ðə 'weðər/

Feeling slightly sick.

If I feel under the weather, I drink herbal tea and rest.

یکم مریض یا بی حال بودن

5. run out of steam /rʌn aʊt əv stiːm/

To lose energy or motivation.

I usually run out of steam in the afternoon if I skip lunch.

بی انرژی شدن

6. full of beans /fʊl əv biːnz/

Very energetic and lively.

After a good night's sleep, I'm always full of beans.

پر انرژی و سر حال

7. kick the habit /kɪk ðə 'hæbɪt/

To stop doing something unhealthy.

I finally kicked the habit of drinking soda every day.

ترک یک عادت بد

8. burn the candle at both ends /bɜːrn ðə 'kændl ət boʊθ endz/

To work too hard and get too little rest.

When I burn the candle at both ends, I get sick easily.

زیاد کار کردن بدون استراحت؛ خود را خسته کردن

9. an apple a day keeps the doctor away /æn 'æpəl ə deɪ kiːps ðə 'dɒktər ə 'weɪ/

Eating healthy food can prevent illness.

My parents always told me that an apple a day keeps the doctor away.

میوه خوردن جلوی بیماری را می‌گیرد

10. keep body and mind in sync /kiːp 'bɒdi ænd maɪnd ɪn sɪŋk/

To maintain balance between physical and mental health.

Yoga helps me keep my body and mind in sync.

همزمان سالم نگه داشتن جسم و ذهن