|  |  |
| --- | --- |
| strenuous | energičan, marljiv, naporan, snažan |
| Stay slim | Biti vitak,tanak |
| Keep fit | Održavati formu |
| Work-out | Vježba,vježbanje |
| Take exercise | Vježbati |
| Gentle/intensive exercise | Blaga/ intensivne |
| effective | učinkovit |
|  |  |
| To achieve sth | Postići |
| waistline | struk |
| hostility | neprijateljstvo |
| recommend | Preporučiti |
| increase | Povećati |
| apparently | Očito |
| Bad-tempered | Nabusit,osoran |
| reduce | smanjiti |
| beneficial | Blagotvoran, koristan, povoljan |
| Keep awake | Ostati budan |
| reveal | Otkriti,objaviti, razglasiti |
| Associated with | Vezan,povezan |
| survey | anketa,nadzor, pregled, istraživanje |
| constant | Neperekidan,stalan |
| likely | po svoj prilici, vjerojatan,  |
| To be out of control | Izvan kontrole |
| miserable | bijedan nesretan jadan |
| vegetate | rasti, živjeti |
| gain weight | ugojiti se |
| variety  | raznolikost,raznovrsnost |
|  |  |
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**VEGETATE**  verb (used without object), vegetated, vegetating.

1. to grow in, or as in the manner of a plant.

2. to be passive or unthinking; to do nothing:

 to lie on the beach and vegetate.

**OUT OF CONTROL**

adj behaving unreasonably

**Exercise**

Stay slim

Keep fit

Eat less

Take intensive execise

Gentle exercise

To avoid

Gain weight

Workout

Effective

Build immunity

Prolong life

**A low-fat diet**

Low-fat

Waistline

Latest research

Beneficial

Consist of

Recommend

Increased

Hostility

Aopparently

To be likely to

**Drinking tea and coffee**

Raise

Blood pressure

According to

Bad-tempered

Unusually

Reduce

Effect

Keep you awake

**Eating chocolate**

Old saying

Fancy

Recent

Reveal

Protect

Variety

Minor

Including

Cold

Cough

**Playing computer games**spend hours

Have it wrong

To be able to

Focus on

Spend time

Computer nerds

Co-ordination prefer

Develop

Vision

Associated with

Increasingly

**Being married**

Scientific evidence

The least

Compared with

Reveal

Benefit

Miserable

Survey

**Low self-esteem**

Undervalued

Damage

Employees

Constant criticism

Feel Out of control

Depression

Cause

backacke

**Watching soap opera**

Regularly

Significantly

Provide

Imginary set of friends

Sense of belonging

Community

Membership of