

# Englist.me



## Vocabulary Builder Reference from...

Jen Gunter: Can exercise actually "boost" your metabolism? | TED Talk

[https://www.ted.com/talks/jen\\_gunter\\_can\\_exercise\\_actually\\_boost\\_your\\_metabolism](https://www.ted.com/talks/jen_gunter_can_exercise_actually_boost_your_metabolism)

### All Words

#### IMPORTANT

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## Session 1: Word List

### boost

*v.* to improve, raise, or increase something

*synonym*: raise, advance, promote

(1) **boost** the economy, (2) **boost** flexibility

The new service helped **boost** net income by 10%.

### metabolism

*n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining

(1) **metabolism** enzyme, (2) hemoglobin **metabolism**

Better sleep leads to increased **metabolism**.

### chemical

*adj.* relating to or connected with chemistry;

*synonym*: chemic, synthetic

(1) toxic **chemicals**, (2) a **chemical** compound

The firm has grown into a large **chemical** manufacturing.

### reaction

*n.* a response that reveals a person's feelings or attitude;  
(in chemistry) a process in which one or more substances are changed into others

*synonym*: response, reply, answer

(1) chemical **reaction**, (2) trigger a **reaction**

There was a chemical **reaction** of the lime with the groundwater.

## **harness**

*v.* to control and exploit the power of something, especially natural resources that produce energy; (noun) a set of narrow pieces of leather and metal that are used to control or hold in place a person, animal, or object

*synonym*: rein in, control, (noun) belt

(1) **harness** a horse to a carriage, (2) put a **harness** on my pet

People have been exploring ways to **harness** natural forces and resources since ancient times.

## **convert**

*v.* to have a talk with someone; (adjective) reversed in order, relation, or action

*synonym*: alter, remake, transform

(1) **convert** fat into energy, (2) **convert** base 10 to base 16

I want to **convert** my sadness into strength.

## **calorie**

*n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce

(1) **calorie** calculation, (2) reduce my **calorie** intake

It would be best if you burned off **calories** through vigorous exercise.

## **surprisingly**

*adv.* in a way that causes amazement or wonder

*synonym*: exceptionally, notably, unusually

(1) **surprisingly** advanced culture, (2) have **surprisingly** little effect

The exam was **surprisingly** tricky for everyone.

## **percentage**

*n.* the number, amount, or rate of something, which is usually the amount per hundred

*synonym*: rate, ratio, portion

(1) the **percentage** of the gold content, (2) a high **percentage**

What is the **percentage** of the consumption tax in the United States?

## athlete

*n.* a person who competes in one or more sports that involve physical strength, speed, or endurance

*synonym* : player, contestant, jock

(1) become a professional **athlete**, (2) high school **athletes**

His dream is to become an Olympic **athlete**.

## expenditure

*n.* the act of spending money; the total amount of money spent

*synonym* : outlay, cost, expense

(1) energy **expenditure**, (2) **expenditure** planning

Almost \$1 billion in capital **expenditure** is still required.

## basal

*adj.* forming or belonging to a bottom layer or base of something

*synonym* : beginning, rudimentary, introductory

(1) **basal** activity, (2) **basal** cells in the skin

The patient has to keep a record of **basal** body temperature.

## vital

*adj.* necessary for the success or continued existence of something

*synonym* : critical, crucial, invigorating

(1) play a **vital** role, (2) **vital** for a healthy society

Perseverance and optimism are **vital** to success.

## heartbeat

*n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force

*synonym* : beat, pulse, force

(1) **heartbeat** abnormality, (2) a pounding **heartbeat**

New York is the commercial **heartbeat** of America.

## blink

*v.* to shut and open the eyes quickly; to gleam or glow in a regular or intermittent way

*synonym* : twinkle, flash, flicker

(1) **blink** his eyes, (2) **blink** in astonishment

He **blinked** in the dazzling sunlight.

## chunk

*n.* a thick and solid mass or piece of something  
*synonym*: block, lump, piece

(1) a **chunk** of money, (2) a tiny **chunk** of meat

The new start-up company carved out a large **chunk** of the market within a year.

## hack

*v.* to hit and cut somebody or something roughly and violently; to find a bug in a computer program and break into their systems or networks

*synonym*: cut, chop, crack

(1) **hack** through the jungle, (2) **hack** into the program

This blog offers a variety of tips for **hacking** everyday life.

## equation

*n.* the act of regarding as equal; (mathematics) a statement that expresses the equality of two expressions by connecting them with the equals sign

(1) the **equation** of poverty with ignorance, (2) a chemical **equation**

In this class, you will learn how to solve quadratic **equations**.

## burpee

*n.* a whole body exercise used in strength training in which you start standing up, do a squat thrust, then jump back up again

(1) **burpee** exercise, (2) **burpee** jumps

To increase the effectiveness of this exercise, you can add a **burpee** movement at the end of each action.

## eyelash

*n.* any of the short hairs that grow around the eyes  
*synonym*: lash, cilium

(1) **eyelash** brush, (2) not bat an **eyelash**

An **eyelash** curler is a girl's best friend.

## misunderstand

*v.* to interpret or understand something in the wrong way  
*synonym*: misinterpret, misperceive, misapprehend

(1) **misunderstand** each other, (2) **misunderstand** entirely about her

You should not **misunderstand** the meaning of freedom.

## absolute

*adj.* perfect or complete or to the most considerable degree possible

*synonym* : complete, infrangible, indisputable

(1) **absolute** loyalty, (2) an **absolute** must

Gandhi had an **absolute** zeal for nonviolence.

## sustain

*v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid

*synonym* : maintain, nurture, support

(1) **sustain** a good relationship with him, (2) **sustain** a wellness lifestyle

She struggled to **sustain** the children's reading habits.

## genetic

*adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes

*synonym* : hereditary, genetical, inborn

(1) have **genetic** testing, (2) a **genetic** disorder

Understanding protein folding is a vital step in deciphering the **genetic** code.

## lifespan

*n.* the length of time for which a person, animal lives, or thing exists

*synonym* : duration, lifetime, continuance

(1) **lifespan** extension, (2) **lifespan** retrieval curve

Generally speaking, men have a shorter **lifespan** than women.

## infant

*n.* a baby or very young child

*synonym* : baby, newborn, tot

(1) **infant** daughter, (2) **infant** food

Mozart was an **infant** prodigy.

## toddler

*n.* a young child who has recently learned to walk

*synonym* : child, infant, youngster

(1) an active **toddler**, (2) **toddler** in nappy  
A **toddler** needs constant supervision and firm control.

## stable

*adj.* firm and steady; not easily moved, disturbed, or changed

*synonym*: sturdy, unmoving, durable

(1) in **stable** condition, (2) have a **stable** job  
Relations between the two countries have been relatively **stable** due to the summit meeting.

## evaluate

*v.* to assess or estimate the quality, significance, quantity, or value of something

*synonym*: assess, estimate, consider

(1) **evaluate** the grant proposal, (2) **evaluate** a situation  
The meeting aims to **evaluate** possible choices.

## hunt

*v.* to go after and try to catch wild animals to kill them for food, sport, or profit

*synonym*: chase, pursuit, quest

(1) **hunt** a job, (2) **hunt** after knowledge  
Hounds **hunt** their prey by using their keen scent.

## expend

*v.* to use or spend time, money, energy, etc.

*synonym*: disburse, spend, pay

(1) **expend** a great deal of energy, (2) **expend** time and resources  
Billionaires tend to **expend** private funds on a public undertaking.

## conserve

*v.* to protect something, especially the natural environment or culture, from change, damage, or destruction

*synonym*: preserve, save, maintain

(1) means to **conserve** energy, (2) **conserve** coal resources  
Children must be taught to **conserve** our natural environment.

## Session 2: Spelling

- |                                       |  |
|---------------------------------------|--|
| 1. he_____at abnormality              | <i>n.</i> the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force                       |
| 2. have ge_____c testing              | <i>adj.</i> of or relating to genes (= parts of the DNA in cells) or the science of genes  |
| 3. the per_____ge of the gold content | <i>n.</i> the number, amount, or rate of something, which is usually the amount per hundred  |
| 4. bl__k in astonishment              | <i>v.</i> to shut and open the eyes quickly; to gleam or glow in a regular or intermittent way   |
| 5. h__t a job                         | <i>v.</i> to go after and try to catch wild animals to kill them for food, sport, or profit  |
| 6. ex___d a great deal of energy      | <i>v.</i> to use or spend time, money, energy, etc.  |
| 7. h__k into the program              | <i>v.</i> to hit and cut somebody or something roughly and violently; to find a bug in a computer program and break into their systems or networks |
| 8. li_____an extension                | <i>n.</i> the length of time for which a person, animal lives, or thing exists   |
| 9. ey_____h brush                     | <i>n.</i> any of the short hairs that grow around the eyes   |
| 10. exp_____re planning               | <i>n.</i> the act of spending money; the total amount of money spent   |

ANSWERS: 1. heartbeat, 2. genetic, 3. percentage, 4. blink, 5. hunt, 6. expend, 7. hack, 8. lifespan, 9. eyelash, 10. expenditure

- |   |   |
|---|---|
| 11. not bat an ey_____h                     | <i>n.</i> any of the short hairs that grow around the eyes  |
| 12. the eq_____on of poverty with ignorance | <i>n.</i> the act of regarding as equal; (mathematics) a statement that expresses the equality of two expressions by connecting them with the equals sign |
| 13. means to co_____ve energy               | <i>v.</i> to protect something, especially the natural environment or culture, from change, damage, or destruction  |
| 14. ex_____d time and resources             | <i>v.</i> to use or spend time, money, energy, etc.   |
| 15. in_____t food                           | <i>n.</i> a baby or very young child  |
| 16. become a professional at_____e          | <i>n.</i> a person who competes in one or more sports that involve physical strength, speed, or endurance   |
| 17. bl__k his eyes                          | <i>v.</i> to shut and open the eyes quickly; to gleam or glow in a regular or intermittent way  |
| 18. bo__t the economy                       | <i>v.</i> to improve, raise, or increase something  |
| 19. ba__l activity                          | <i>adj.</i> forming or belonging to a bottom layer or base of something   |
| 20. an active to_____r                      | <i>n.</i> a young child who has recently learned to walk  |
| 21. a chemical eq_____on                    | <i>n.</i> the act of regarding as equal; (mathematics) a statement that expresses the equality of two expressions by connecting them with the equals sign |

ANSWERS: 11. eyelash, 12. equation, 13. conserve, 14. expend, 15. infant, 16. athlete, 17. blink, 18. boost, 19. basal, 20. toddler, 21. equation



22. h\_\_t after knowledge      *v.* to go after and try to catch wild animals to kill them for food, sport, or profit
23. mis\_\_\_\_\_and each other      *v.* to interpret or understand something in the wrong way
24. co\_\_\_\_\_t fat into energy      *v.* to have a talk with someone; (adjective) reversed in order, relation, or action
25. in\_\_\_t daughter      *n.* a baby or very young child
26. put a ha\_\_\_\_\_s on my pet      *v.* to control and exploit the power of something, especially natural resources that produce energy; (noun) a set of narrow pieces of leather and metal that are used to control or hold in place a person, animal, or object
27. ab\_\_\_\_\_te loyalty      *adj.* perfect or complete or to the most considerable degree possible
28. an ab\_\_\_\_\_te must      *adj.* perfect or complete or to the most considerable degree possible
29. reduce my ca\_\_\_\_\_e intake      *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
30. hemoglobin met\_\_\_\_\_sm      *n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
31. toxic ch\_\_\_\_\_als      *adj.* relating to or connected with chemistry;
32. a tiny ch\_\_k of meat      *n.* a thick and solid mass or piece of something

ANSWERS: 22. hunt, 23. misunderstand, 24. convert, 25. infant, 26. harness, 27. absolute, 28. absolute, 29. calorie, 30. metabolism, 31. chemical, 32. chunk

33. a ch\_\_\_\_al compound *adj.* relating to or connected with chemistry;
34. co\_\_\_\_t base 10 to base 16 *v.* to have a talk with someone; (adjective) reversed in order, relation, or action
35. a ch\_\_k of money *n.* a thick and solid mass or piece of something
36. ev\_\_\_\_te the grant proposal *v.* to assess or estimate the quality, significance, quantity, or value of something
37. have sur\_\_\_\_gly little effect *adv.* in a way that causes amazement or wonder
38. sur\_\_\_\_gly advanced culture *adv.* in a way that causes amazement or wonder
39. ev\_\_\_\_te a situation *v.* to assess or estimate the quality, significance, quantity, or value of something
40. bu\_\_\_\_e exercise *n.* a whole body exercise used in strength training in which you start standing up, do a squat thrust, then jump back up again
41. high school at\_\_\_\_es *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
42. met\_\_\_\_sm enzyme *n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
43. ba\_\_l cells in the skin *adj.* forming or belonging to a bottom layer or base of something
44. su\_\_\_\_n a good relationship with him *v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid

ANSWERS: 33. chemical, 34. convert, 35. chunk, 36. evaluate, 37. surprisingly, 38. surprisingly, 39. evaluate, 40. burpee, 41. athlete, 42. metabolism, 43. basal, 44. sustain

45. energy exp\_\_\_\_\_re *n.* the act of spending money; the total amount of money spent
46. ha\_\_\_\_\_s a horse to a carriage *v.* to control and exploit the power of something, especially natural resources that produce energy; (noun) a set of narrow pieces of leather and metal that are used to control or hold in place a person, animal, or object
47. have a st\_\_\_e job *adj.* firm and steady; not easily moved, disturbed, or changed
48. co\_\_\_\_\_ve coal resources *v.* to protect something, especially the natural environment or culture, from change, damage, or destruction
49. play a vi\_\_l role *adj.* necessary for the success or continued existence of something
50. trigger a re\_\_\_\_\_on *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
51. a ge\_\_\_\_\_c disorder *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
52. bu\_\_\_e jumps *n.* a whole body exercise used in strength training in which you start standing up, do a squat thrust, then jump back up again
53. vi\_\_l for a healthy society *adj.* necessary for the success or continued existence of something
54. in st\_\_\_e condition *adj.* firm and steady; not easily moved, disturbed, or changed

ANSWERS: 45. expenditure, 46. harness, 47. stable, 48. conserve, 49. vital, 50. reaction, 51. genetic, 52. burpee, 53. vital, 54. stable

55. su\_\_\_\_n a wellness lifestyle      *v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid
56. a high per\_\_\_\_ge      *n.* the number, amount, or rate of something, which is usually the amount per hundred
57. h\_\_k through the jungle      *v.* to hit and cut somebody or something roughly and violently; to find a bug in a computer program and break into their systems or networks
58. li\_\_\_\_an retrieval curve      *n.* the length of time for which a person, animal lives, or thing exists
59. ca\_\_\_\_e calculation      *n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
60. mis\_\_\_\_and entirely about her      *v.* to interpret or understand something in the wrong way
61. to\_\_\_\_r in nappy      *n.* a young child who has recently learned to walk
62. a pounding he\_\_\_\_at      *n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
63. chemical re\_\_\_\_on      *n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others

ANSWERS: 55. sustain, 56. percentage, 57. hack, 58. lifespan, 59. calorie, 60. misunderstand, 61. toddler, 62. heartbeat, 63. reaction

64. bo\_\_t flexibility

v. to improve, raise, or increase something

ANSWERS: 64. boost

## Session 3: Fill in the Blanks

1. An \_\_\_\_\_ curler is a girl's best friend.  
*n.* any of the short hairs that grow around the eyes
2. People have been exploring ways to \_\_\_\_\_ natural forces and resources since ancient times.  
*v.* to control and exploit the power of something, especially natural resources that produce energy; (noun) a set of narrow pieces of leather and metal that are used to control or hold in place a person, animal, or object
3. Perseverance and optimism are \_\_\_\_\_ to success.  
*adj.* necessary for the success or continued existence of something
4. New York is the commercial \_\_\_\_\_ of America.  
*n.* the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force
5. Gandhi had an \_\_\_\_\_ zeal for nonviolence.  
*adj.* perfect or complete or to the most considerable degree possible
6. Better sleep leads to increased \_\_\_\_\_.  
*n.* the set of chemical reactions in cells or organisms that are necessary for life-sustaining
7. His dream is to become an Olympic \_\_\_\_\_.  
*n.* a person who competes in one or more sports that involve physical strength, speed, or endurance

ANSWERS: 1. eyelash, 2. harness, 3. vital, 4. heartbeat, 5. absolute, 6. metabolism, 7. athlete

8. The meeting aims to \_\_\_\_\_ possible choices.  
*v.* to assess or estimate the quality, significance, quantity, or value of something
9. Understanding protein folding is a vital step in deciphering the \_\_\_\_\_ code.  
*adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
10. Hounds \_\_\_\_\_ their prey by using their keen scent.  
*v.* to go after and try to catch wild animals to kill them for food, sport, or profit
11. I want to \_\_\_\_\_ my sadness into strength.  
*v.* to have a talk with someone; (adjective) reversed in order, relation, or action
12. There was a chemical \_\_\_\_\_ of the lime with the groundwater.  
*n.* a response that reveals a person's feelings or attitude; (in chemistry) a process in which one or more substances are changed into others
13. What is the \_\_\_\_\_ of the consumption tax in the United States?  
*n.* the number, amount, or rate of something, which is usually the amount per hundred
14. Children must be taught to \_\_\_\_\_ our natural environment.  
*v.* to protect something, especially the natural environment or culture, from change, damage, or destruction
15. She struggled to \_\_\_\_\_ the children's reading habits.  
*v.* to supply enough of what somebody or something needs to survive or exist; to accept as valid
16. The patient has to keep a record of \_\_\_\_\_ body temperature.  
*adj.* forming or belonging to a bottom layer or base of something

ANSWERS: 8. evaluate, 9. genetic, 10. hunt, 11. convert, 12. reaction, 13. percentage, 14. conserve, 15. sustain, 16. basal

17. The new service helped \_\_\_\_\_ net income by 10%.  
*v.* to improve, raise, or increase something
18. Mozart was an \_\_\_\_\_ prodigy.  
*n.* a baby or very young child
19. The exam was \_\_\_\_\_ tricky for everyone.  
*adv.* in a way that causes amazement or wonder
20. The new start-up company carved out a large \_\_\_\_\_ of the market within a year.  
*n.* a thick and solid mass or piece of something
21. Billionaires tend to \_\_\_\_\_ private funds on a public undertaking.  
*v.* to use or spend time, money, energy, etc.
22. A \_\_\_\_\_ needs constant supervision and firm control.  
*n.* a young child who has recently learned to walk
23. You should not \_\_\_\_\_ the meaning of freedom.  
*v.* to interpret or understand something in the wrong way
24. Relations between the two countries have been relatively \_\_\_\_\_ due to the summit meeting.  
*adj.* firm and steady; not easily moved, disturbed, or changed
25. In this class, you will learn how to solve quadratic \_\_\_\_\_.  
*n.* the act of regarding as equal; (mathematics) a statement that expresses the equality of two expressions by connecting them with the equals sign

ANSWERS: 17. boost, 18. infant, 19. surprisingly, 20. chunk, 21. expend, 22. toddler, 23. misunderstand, 24. stable, 25. equations



26. To increase the effectiveness of this exercise, you can add a \_\_\_\_\_ movement at the end of each action.
- n.* a whole body exercise used in strength training in which you start standing up, do a squat thrust, then jump back up again
27. Almost \$1 billion in capital \_\_\_\_\_ is still required.
- n.* the act of spending money; the total amount of money spent
28. He \_\_\_\_\_ in the dazzling sunlight.
- v.* to shut and open the eyes quickly; to gleam or glow in a regular or intermittent way
29. This blog offers a variety of tips for \_\_\_\_\_ everyday life.
- v.* to hit and cut somebody or something roughly and violently; to find a bug in a computer program and break into their systems or networks
30. The firm has grown into a large \_\_\_\_\_ manufacturing.
- adj.* relating to or connected with chemistry;
31. It would be best if you burned off \_\_\_\_\_ through vigorous exercise.
- n.* unit of heat defined as the quantity of heat required to raise the temperature of 1 gram of water by 1 degree Celsius at atmospheric pressure, used by nutritionists to measure how much energy food will produce
32. Generally speaking, men have a shorter \_\_\_\_\_ than women.
- n.* the length of time for which a person, animal lives, or thing exists

ANSWERS: 26. burpee, 27. expenditure, 28. blinked, 29. hacking, 30. chemical, 31. calories, 32. lifespan