

# 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)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### basal

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

*synonym*: beginning, rudimental, introductory

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

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

### 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.

### 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.

## **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.

## **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. li_____an extension       | <i>n.</i> the length of time for which a person, animal lives, or thing exists   |
| 2. co_____ve coal resources  | <i>v.</i> to protect something, especially the natural environment or culture, from change, damage, or destruction                   |
| 3. bu___e exercise           | <i>n.</i> a whole body exercise used in strength training in which you start standing up, do a squat thrust, then jump back up again |
| 4. 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         |
| 5. bu___e jumps              | <i>n.</i> a whole body exercise used in strength training in which you start standing up, do a squat thrust, then jump back up again |
| 6. ey_____h brush            | <i>n.</i> any of the short hairs that grow around the eyes   |
| 7. means to co_____ve energy | <i>v.</i> to protect something, especially the natural environment or culture, from change, damage, or destruction                   |
| 8. mis_____and each other    | <i>v.</i> to interpret or understand something in the wrong way  |
| 9. a pounding he_____at      | <i>n.</i> the regular movement or sound of the heart as it sends blood around the body; an animating or vital unifying force         |

ANSWERS: 1. lifespan, 2. conserve, 3. burpee, 4. heartbeat, 5. burpee, 6. eyelash, 7. conserve, 8. misunderstand, 9. heartbeat

- |                                    |  |
|------------------------------------|--|
| 10. ex___d a great deal of energy  | <i>v.</i> to use or spend time, money, energy, etc.                            |
| 11. ba__l activity                 | <i>adj.</i> forming or belonging to a bottom layer or base of something        |
| 12. ba__l cells in the skin        | <i>adj.</i> forming or belonging to a bottom layer or base of something        |
| 13. not bat an ey____h             | <i>n.</i> any of the short hairs that grow around the eyes                     |
| 14. mis_____and entirely about her | <i>v.</i> to interpret or understand something in the wrong way                |
| 15. ex___d time and resources      | <i>v.</i> to use or spend time, money, energy, etc.                            |
| 16. li_____an retrieval curve      | <i>n.</i> the length of time for which a person, animal lives, or thing exists |

ANSWERS: 10. expend, 11. basal, 12. basal, 13. eyelash, 14. misunderstand, 15. expend, 16. lifespan

## Session 3: Fill in the Blanks

1. The patient has to keep a record of \_\_\_\_\_ body temperature.  
*adj.* forming or belonging to a bottom layer or base of something
2. 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
3. You should not \_\_\_\_\_ the meaning of freedom.  
*v.* to interpret or understand something in the wrong way
4. Children must be taught to \_\_\_\_\_ our natural environment.  
*v.* to protect something, especially the natural environment or culture, from change, damage, or destruction
5. Generally speaking, men have a shorter \_\_\_\_\_ than women.  
*n.* the length of time for which a person, animal lives, or thing exists
6. An \_\_\_\_\_ curler is a girl's best friend.  
*n.* any of the short hairs that grow around the eyes
7. 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
8. Billionaires tend to \_\_\_\_\_ private funds on a public undertaking.  
*v.* to use or spend time, money, energy, etc.

ANSWERS: 1. basal, 2. heartbeat, 3. misunderstand, 4. conserve, 5. lifespan, 6. eyelash, 7. burpee, 8. expend

ANSWERS: