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https://www.ted.com/talks/leah_lagos_and_jaspal_ricky_singh_how_playing_sports_benefits_your_body_and_your_brain

All Words

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Session 1: Word List

victory

n. success in a game, competition, election, or battle, or the knowledge that you have won

synonym: win, triumph, success

(1) **victory** in the law court, (2) **victory** over terrorism

We are optimistic about our final **victory**.

underdog

n. a person or group in a competition or situation that is expected to lose or be at a disadvantage; a person or group that is seen as less powerful or less favored than others in a social, political, or economic context

synonym: loser, victim

(1) cheer for the **underdog**, (2) classic **underdog** story

The **underdog** team pulled off a stunning upset against the heavily favored opponent.

penalty

n. a punishment for violating a law, rule, or contract

synonym: punishment, sentence, fine

(1) death **penalty**, (2) corner of the **penalty** area

The lawyer was reinstated after paying the **penalty**.

tournament

n. a competition or series of contests involving several players or teams, leading to a final winner or winners

synonym: competition, championship, contest

(1) **tournament** for professionals, (2) national **tournament**

The basketball **tournament** was fiercely competitive, with the top teams all vying for first place.

montage

n. a sequence of images, sounds, or clips that are combined to convey a particular message or emotion

synonym: collage, mosaic, compilation

(1) **montage** sequence, (2) photographic **montage**

The film used a **montage** of images to show the progress of the character's journey over time.

glorify

v. to praise or honor something or someone, often in an exaggerated or overly positive way; to elevate or exalt something or someone to a higher status or position

synonym: exalt, celebrate, honor

(1) **glorify** god, (2) **glorify** violence

Religious leaders often **glorify** their messengers to encourage people to follow their teachings.

cheer

v. to give a loud shout to show support, praise, or approval

synonym: comfort, encourage, hearten

(1) **cheer** for the home team, (2) **cheer** me up

Supporters in the stands **cheered** at every goal.

obsess

v. to fill the mind of someone continually so that one can't think of anything else

synonym: torment, beset, engross

(1) **obsess** over her weight, (2) he is **obsessed** with the fear

He's utterly **obsessed** with his promotion.

entertaining

adj. providing enjoyment or amusement, especially through being lively or amusing

synonym: amusing, diverting, engaging

(1) **entertaining** puppet show, (2) very **entertaining** book

The magician's act was **entertaining** and kept the audience on the edge of their seats.

pastime

n. an activity that is enjoyable and done for leisure or entertainment purposes, such as a hobby or game
synonym: hobby, diversion, leisure activity

(1) a familiar **pastime**, (2) national **pastime**

I enjoy gardening as a **pastime** during my free time.

definitely

adv. without any question and beyond doubt; clearly
synonym: absolutely, certainly, indeed

(1) **definitely** become a problem, (2) say **definitely**

The paper is **definitely** worth reading thoroughly.

strengthen

v. to become stronger or more effective; to make someone or something stronger or more effective

synonym: reinforce, harden, boost

(1) **strengthen** the immune system, (2) **strengthen** a border patrol

Difficulties **strengthen** the mind, as labor does the body.

cholesterol

n. a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high

synonym: fat, lipid, sterol

(1) **cholesterol** levels, (2) low **cholesterol**

High levels of **cholesterol** can increase the risk of heart disease.

artery

n. one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.

synonym: blood vessel, channel, roadway

(1) **artery** blockage, (2) risk of coronary **artery** disease

Continuous consumption of fatty foods leads to the hardening of the **artery**.

stroke

n. a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

synonym : blow

(1) suffer **stroke**, (2) a **stroke** of the putter

This year's extreme heat has resulted in many heat **stroke** cases.

diabetes

n. a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

(1) juvenile **diabetes**, (2) **diabetes** patient

My father was tested for **diabetes**.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym : intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage

X-rays revealed a small tumor in his **brain**.

release

v. to set free or allow to escape from confinement

synonym : free, let go, discharge

(1) **release** a prisoner, (2) **release** CO₂ into the air

The animal rights group worked to **release** the dolphins back into the wild.

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.

workout

n. a session of physical exercise or training

synonym : exercise, training, physical activity

(1) **workout** at the health club, (2) boxing **workout**

He does a different **workout** every day to keep things interesting.

endorphin

n. a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being

synonym : pain reliever, mood elevator

(1) beta- **endorphin**, (2) **endorphin** rush

The release of **endorphins** during exercise can provide a natural high and help to relieve stress.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

nervous

adj. worried and anxious about something; relating to the nerves

synonym : neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous**

He suffers from **nervous** breakdowns.

euphoria

n. a feeling of intense happiness, excitement, or delight; a state of extreme joy or pleasure

synonym : elevation, bliss, elation

(1) experience **euphoria**, (2) **euphoria-inducing** drug

Winning the lottery brought a feeling of **euphoria** to the lucky winner.

consistent

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

synonym : coherent, constant, compatible

(1) do on a **consistent** basis, (2) get **consistent** results

You are not **consistent** in your behavior.

improve

v. to make or become better

synonym : enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

mood

n. the way you feel at a particular time; an angry or impatient state of mind

synonym : mindset, disposition, temper

(1) the **mood** in a room, (2) in an ugly **mood**

His gaffe spoiled the **mood** of the dinner party.

gym

n. a place equipped for exercise and other physical training

synonym : fitness center, athletic club

(1) **gym** membership, (2) a **gym** suit

She went to the fully equipped **gym** to work out every day.

compete

v. to strive to achieve more success than someone or something

synonym : contend, contest, vie

(1) **compete** against a friend, (2) **compete** fiercely

You must **compete** with others to obtain this position.

psychology

n. the scientific study of mind and behavior

(1) **psychology** experiment, (2) **psychology** of crowd

She had a master's degree in **psychology**.

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym : collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European countries.

instance

n. a particular example or single occurrence of something

synonym : example, sample, illustration

(1) for **instance**, (2) notable **instance**

These articles cite five **instances** of climate change.

addition

n. the act or process of adding something to something else; the process of adding numbers

synonym :

accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors

In **addition**, private corporations provide healthcare services.

commitment

n. a promise or firm decision to do something or to behave in a certain way

synonym: burden, obligation, promise

(1) a **commitment** to an alliance, (2) meet his

commitments

His business **commitments** took him to the United States.

participate

v. to take part in something

synonym: take part, partake, enter

(1) **participate** fully in conversation, (2) **participate** in the program

The majority of students actively **participated** in the college's intramural sports program.

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym: endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

depression

n. a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market

synonym: recession, slump, despair

(1) the Great **Depression**, (2) the root problem of her

depression

Depression symptoms might include a decrease in appetite and weight loss.

esteem

n. great respect and approval for or a good opinion of someone

synonym : respect, admiration, regard

(1) **esteem** for the other person, (2) boost my self- **esteem**
He is our loyal customer who should be held in high **esteem**.

confidence

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

synonym : self-trust, certainty, belief

(1) **confidence** as a teacher, (2) boost my **confidence**
Skill and **confidence** are an unconquered army.

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%.

reinforce

v. to strengthen or support something, especially by adding another material to it; to make emotion, idea, etc. stronger

synonym : strengthen, fortify, support

(1) **reinforce** the military, (2) **reinforce** good behavior
We should **reinforce** the troops at the front line.

mindset

n. the established set of attitudes or fixed ideas held by someone

synonym : attitude, ethos, mentality

(1) flexible **mindset**, (2) the **mindset** in an education system

Countries whose goal is economic development often focus on fostering an entrepreneurial **mindset** in each individual.

achieve

v. to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do

synonym : accomplish, attain, reach

(1) **achieve** success, (2) **achieve** milestones
I will work hard to **achieve** my goals and realize my dreams.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym : finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

transform

v. to change in outward structure or looks;

synonym : alter, convert, change

(1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

defeat

v. to win against somebody in a fight, war, or attempt

synonym : conquer, beat, overpower

(1) **defeat** a global power, (2) **defeat** body odor

Despite his best efforts, he was unable to **defeat** the enemy.

resilient

adj. able to withstand or recover quickly from difficult conditions

synonym : robust, sturdy, tough

(1) a hard and **resilient** steel, (2) **resilient** population

She is a **resilient** person and has always bounced back from setbacks.

awareness

n. the fact or state of knowing something exists and is important

synonym : understanding, cognition, knowledge

(1) **awareness** of my ignorance, (2) raise public **awareness**

There has been a gradual but steady rise in environmental **awareness**.

academic

adj. associated with schools, colleges, and universities, especially studying and thinking, not with practical skills

synonym : educational, scholarly, theoretical

(1) **academic** probation, (2) an **academic** discussion

An excellent historian must possess an **academic** mentality.

hurdle

n. a barrier or obstacle that must be overcome

synonym : obstacle, barrier, challenge

(1) overcome **hurdles**, (2) **hurdle** race

The company faced several **hurdles** in the development of its new product.

competitive

adj. involving competition or competitiveness

synonym : aggressive, ambitious, militant

(1) a **competitive** price, (2) **competitive** position

The mobile application industry is a **competitive** one.

strength

n. the quality or state of being physically, or sometimes mentally, strong

synonym : resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength**

Health and **strength** are, above all, gold.

individual

n. a single person or thing, as distinct from a group

synonym : person, being, self

(1) a private **individual**, (2) **individual** freedom

As an **individual**, he had the right to make his own decisions and live his life as he saw fit.

nurture

v. to take care of, feed, and protect someone or something while they are growing and developing

synonym : boost, cultivate, enable

(1) **nurture** love, (2) **nurture** his talents

Schools should **nurture** children's mutual interest spirit.

mention

v. to speak or write about something or someone briefly

synonym : reference, allude, cite

(1) **mention** name, (2) **mention** in a report

I **mentioned** to him that I had seen his sister at the grocery store earlier that day.

Session 2: Spelling

1. the root problem of her dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
2. gl_____y god *v.* to praise or honor something or someone, often in an exaggerated or overly positive way; to elevate or exalt something or someone to a higher status or position
3. psy_____gy experiment *n.* the scientific study of mind and behavior
4. hu_____e race *n.* a barrier or obstacle that must be overcome
5. beta-en_____in *n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
6. death pe_____y *n.* a punishment for violating a law, rule, or contract
7. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
8. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
9. str_____en the immune system *v.* to become stronger or more effective; to make someone or something stronger or more effective
10. nu_____e his talents *v.* to take care of, feed, and protect someone or something while they are growing and developing

ANSWERS: 1. depression, 2. glorify, 3. psychology, 4. hurdle, 5. endorphin, 6. penalty, 7. communal, 8. communal, 9. strengthen, 10. nurture

- | | |
|-----------------------------------|---|
| 11. meet his com_____nts | <i>n.</i> a promise or firm decision to do something or to behave in a certain way |
| 12. st_____th of the economy | <i>n.</i> the quality or state of being physically, or sometimes mentally, strong |
| 13. a com_____ve price | <i>adj.</i> involving competition or competitiveness |
| 14. tr_____rm an education system | <i>v.</i> to change in outward structure or looks; |
| 15. corner of the pe_____y area | <i>n.</i> a punishment for violating a law, rule, or contract |
| 16. co_____e fiercely | <i>v.</i> to strive to achieve more success than someone or something |
| 17. con_____ce as a teacher | <i>n.</i> the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something |
| 18. re_____e a prisoner | <i>v.</i> to set free or allow to escape from confinement |
| 19. experience eu_____ia | <i>n.</i> a feeling of intense happiness, excitement, or delight; a state of extreme joy or pleasure |
| 20. chemical ad_____on | <i>n.</i> the act or process of adding something to something else; the process of adding numbers |
| 21. notable in_____ce | <i>n.</i> a particular example or single occurrence of something |
| 22. a ch_____al compound | <i>adj.</i> relating to or connected with chemistry; |
| 23. flexible mi_____t | <i>n.</i> the established set of attitudes or fixed ideas held by someone |

ANSWERS: 11. commitment, 12. strength, 13. competitive, 14. transform, 15. penalty, 16. compete, 17. confidence, 18. release, 19. euphoria, 20. addition, 21. instance, 22. chemical, 23. mindset

24. ac____e success *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
25. a familiar pa____e *n.* an activity that is enjoyable and done for leisure or entertainment purposes, such as a hobby or game
26. com____ve position *adj.* involving competition or competitiveness
27. a g_m suit *n.* a place equipped for exercise and other physical training
28. very ent____ing book *adj.* providing enjoyment or amusement, especially through being lively or amusing
29. ind____al freedom *n.* a single person or thing, as distinct from a group
30. re____e CO2 into the air *v.* to set free or allow to escape from confinement
31. di____es patient *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
32. re____ce good behavior *v.* to strengthen or support something, especially by adding another material to it; to make emotion, idea, etc. stronger
33. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
34. de__t body odor *v.* to win against somebody in a fight, war, or attempt

ANSWERS: 24. achieve, 25. pastime, 26. competitive, 27. gym, 28. entertaining, 29. individual, 30. release, 31. diabetes, 32. reinforce, 33. brain, 34. defeat

35. he is ob___sed with the fear *v.* to fill the mind of someone continually so that one can't think of anything else
36. photographic mo____e *n.* a sequence of images, sounds, or clips that are combined to convey a particular message or emotion
37. suffer st___e *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
38. ho____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
39. ent_____ing puppet show *adj.* providing enjoyment or amusement, especially through being lively or amusing
40. boost my self-es___m *n.* great respect and approval for or a good opinion of someone
41. do on a con_____nt basis *adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.
42. boxing wo____t *n.* a session of physical exercise or training
43. gl____y violence *v.* to praise or honor something or someone, often in an exaggerated or overly positive way; to elevate or exalt something or someone to a higher status or position

ANSWERS: 35. obsess, 36. montage, 37. stroke, 38. hormone, 39. entertaining, 40. esteem, 41. consistent, 42. workout, 43. glorify

44. the Great Dep_____on *n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
45. me_____n name *v.* to speak or write about something or someone briefly
46. en_____in rush *n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
47. get ne_____s *adj.* worried and anxious about something; relating to the nerves
48. an ac_____ic discussion *adj.* associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
49. bo__t flexibility *v.* to improve, raise, or increase something
50. eu_____ia-inducing drug *n.* a feeling of intense happiness, excitement, or delight; a state of extreme joy or pleasure
51. par_____te fully in conversation *v.* to take part in something
52. su____r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
53. ad_____on of vectors *n.* the act or process of adding something to something else; the process of adding numbers
54. a private ind_____al *n.* a single person or thing, as distinct from a group

ANSWERS: 44. depression, 45. mention, 46. endorphin, 47. nervous, 48. academic, 49. boost, 50. euphoria, 51. participate, 52. suffer, 53. addition, 54. individual

55. me_____n in a report *v.* to speak or write about something or someone briefly
56. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
57. ch__r me up *v.* to give a loud shout to show support, praise, or approval
58. de___t a global power *v.* to win against somebody in a fight, war, or attempt
59. re_____ce the military *v.* to strengthen or support something, especially by adding another material to it; to make emotion, idea, etc. stronger
60. classic un_____og story *n.* a person or group in a competition or situation that is expected to lose or be at a disadvantage; a person or group that is seen as less powerful or less favored than others in a social, political, or economic context
61. wo_____t at the health club *n.* a session of physical exercise or training
62. a st___e of the putter *n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
63. im_____e a process *v.* to make or become better
64. say def_____ly *adv.* without any question and beyond doubt; clearly
65. vi_____y in the law court *n.* success in a game, competition, election, or battle, or the knowledge that you have won

ANSWERS: 55. mention, 56. eventually, 57. cheer, 58. defeat, 59. reinforce, 60. underdog, 61. workout, 62. stroke, 63. improve, 64. definitely, 65. victory

66. cheer for the un_____og *n.* a person or group in a competition or situation that is expected to lose or be at a disadvantage; a person or group that is seen as less powerful or less favored than others in a social, political, or economic context
67. development of the ne_____s system *adj.* worried and anxious about something; relating to the nerves
68. co_____e against a friend *v.* to strive to achieve more success than someone or something
69. eve_____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
70. tou_____nt for professionals *n.* a competition or series of contests involving several players or teams, leading to a final winner or winners
71. in an ugly m__d *n.* the way you feel at a particular time; an angry or impatient state of mind
72. su____r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
73. re_____nt population *adj.* able to withstand or recover quickly from difficult conditions
74. im_____e the test score *v.* to make or become better
75. muscular st_____th *n.* the quality or state of being physically, or sometimes mentally, strong
76. a com_____nt to an alliance *n.* a promise or firm decision to do something or to behave in a certain way
77. g_m membership *n.* a place equipped for exercise and other physical training

ANSWERS: 66. underdog, 67. nervous, 68. compete, 69. eventually, 70. tournament, 71. mood, 72. suffer, 73. resilient, 74. improve, 75. strength, 76. commitment, 77. gym

78. nu_____e love *v.* to take care of, feed, and protect someone or something while they are growing and developing
79. a hard and re_____nt steel *adj.* able to withstand or recover quickly from difficult conditions
80. vi_____y over terrorism *n.* success in a game, competition, election, or battle, or the knowledge that you have won
81. for in_____ce *n.* a particular example or single occurrence of something
82. national tou_____nt *n.* a competition or series of contests involving several players or teams, leading to a final winner or winners
83. boost my con_____ce *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
84. juvenile di_____es *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
85. cho_____ol levels *n.* a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high
86. low cho_____ol *n.* a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high

ANSWERS: 78. nurture, 79. resilient, 80. victory, 81. instance, 82. tournament, 83. confidence, 84. diabetes, 85. cholesterol, 86. cholesterol

87. mo_____e sequence *n.* a sequence of images, sounds, or clips that are combined to convey a particular message or emotion
88. risk of coronary ar_____y disease *n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
89. the mi_____t in an education system *n.* the established set of attitudes or fixed ideas held by someone
90. national pa_____e *n.* an activity that is enjoyable and done for leisure or entertainment purposes, such as a hobby or game
91. overcome hu_____es *n.* a barrier or obstacle that must be overcome
92. psy_____gy of crowd *n.* the scientific study of mind and behavior
93. the m____d in a room *n.* the way you feel at a particular time; an angry or impatient state of mind
94. tr_____rm heat into power *v.* to change in outward structure or looks;
95. bo__t the economy *v.* to improve, raise, or increase something
96. ob____s over her weight *v.* to fill the mind of someone continually so that one can't think of anything else
97. es____m for the other person *n.* great respect and approval for or a good opinion of someone
98. get con_____nt results *adj.* always behaving or happening in the same way, or having the same thoughts, standards, etc.

ANSWERS: 87. montage, 88. artery, 89. mindset, 90. pastime, 91. hurdle, 92. psychology, 93. mood, 94. transform, 95. boost, 96. obsess, 97. esteem, 98. consistent

99. ac____ic probation *adj.* associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
100. ar____y blockage *n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
101. aw_____ss of my ignorance *n.* the fact or state of knowing something exists and is important
102. ch__r for the home team *v.* to give a loud shout to show support, praise, or approval
103. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
104. raise public aw_____ss *n.* the fact or state of knowing something exists and is important
105. toxic ch_____als *adj.* relating to or connected with chemistry;
106. str_____en a border patrol *v.* to become stronger or more effective; to make someone or something stronger or more effective
107. par_____te in the program *v.* to take part in something
108. ac_____e milestones *v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
109. female ho_____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

ANSWERS: 99. academic, 100. artery, 101. awareness, 102. cheer, 103. brain, 104. awareness, 105. chemical, 106. strengthen, 107. participate, 108. achieve, 109. hormone

110. def_____ly become a problem

adv. without any question and beyond doubt;
clearly

ANSWERS: 110. definitely

Session 3: Fill in the Blanks

1. The firm has grown into a large _____ manufacturing.
adj. relating to or connected with chemistry;
2. She went to the fully equipped ____ to work out every day.
n. a place equipped for exercise and other physical training
3. My father's death _____ my life completely.
v. to change in outward structure or looks;
4. The corporation _____ dominated the entire tobacco business.
adv. finally, particularly after a long time or a lot of struggle, complications, and so on
5. These articles cite five _____ of climate change.
n. a particular example or single occurrence of something
6. The magician's act was _____ and kept the audience on the edge of their seats.
adj. providing enjoyment or amusement, especially through being lively or amusing
7. The mobile application industry is a _____ one.
adj. involving competition or competitiveness
8. The animal rights group worked to _____ the dolphins back into the wild.
v. to set free or allow to escape from confinement
9. Skill and _____ are an unconquered army.
n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

ANSWERS: 1. chemical, 2. gym, 3. transformed, 4. eventually, 5. instances, 6. entertaining, 7. competitive, 8. release, 9. confidence

10. Health and _____ are, above all, gold.
n. the quality or state of being physically, or sometimes mentally, strong
11. He's utterly _____ with his promotion.
v. to fill the mind of someone continually so that one can't think of anything else
12. Winning the lottery brought a feeling of _____ to the lucky winner.
n. a feeling of intense happiness, excitement, or delight; a state of extreme joy or pleasure
13. There has been a gradual but steady rise in environmental _____.
n. the fact or state of knowing something exists and is important
14. The paper is _____ worth reading thoroughly.
adv. without any question and beyond doubt; clearly
15. He is our loyal customer who should be held in high _____.
n. great respect and approval for or a good opinion of someone
16. I enjoy gardening as a _____ during my free time.
n. an activity that is enjoyable and done for leisure or entertainment purposes, such as a hobby or game
17. The lawyer was reinstated after paying the _____.
n. a punishment for violating a law, rule, or contract
18. His business _____ took him to the United States.
n. a promise or firm decision to do something or to behave in a certain way

ANSWERS: 10. strength, 11. obsessed, 12. euphoria, 13. awareness, 14. definitely, 15. esteem, 16. pastime, 17. penalty, 18. commitments

19. The release of _____ during exercise can provide a natural high and help to relieve stress.
- n.* a natural hormone-like substance that is produced by the body and that acts on the nervous system to reduce pain and induce a feeling of well-being
20. I will work hard to _____ my goals and realize my dreams.
- v.* to successfully complete a task or goal, often through hard work, perseverance, and dedication; to attain or accomplish something that one has set out to do
21. I _____ to him that I had seen his sister at the grocery store earlier that day.
- v.* to speak or write about something or someone briefly
22. An excellent historian must possess an _____ mentality.
- adj.* associated with schools, colleges, and universities, especially studying and thinking, not with practical skills
23. X-rays revealed a small tumor in his _____.
- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
24. _____ elections were held in several European countries.
- adj.* belonging to or used by a group rather than individuals; for common use
25. Schools should _____ children's mutual interest spirit.
- v.* to take care of, feed, and protect someone or something while they are growing and developing
26. The film used a _____ of images to show the progress of the character's journey over time.
- n.* a sequence of images, sounds, or clips that are combined to convey a particular message or emotion

ANSWERS: 19. endorphins, 20. achieve, 21. mentioned, 22. academic, 23. brain, 24. Communal, 25. nurture, 26. montage

27. This year's extreme heat has resulted in many heat _____ cases.
- n.* a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
28. The basketball _____ was fiercely competitive, with the top teams all vying for first place.
- n.* a competition or series of contests involving several players or teams, leading to a final winner or winners
29. The new service helped _____ net income by 10%.
- v.* to improve, raise, or increase something
30. In _____ private corporations provide healthcare services.
- n.* the act or process of adding something to something else; the process of adding numbers
31. Supporters in the stands _____ at every goal.
- v.* to give a loud shout to show support, praise, or approval
32. _____ symptoms might include a decrease in appetite and weight loss.
- n.* a mental condition in which a person feels very unhappy and without hope for the future; a severe recession in an economy or market
33. The company faced several _____ in the development of its new product.
- n.* a barrier or obstacle that must be overcome
34. The doctor diagnosed me with a _____ disorder.
- n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

ANSWERS: 27. stroke, 28. tournament, 29. boost, 30. addition, 31. cheered, 32. Depression, 33. hurdles, 34. hormone

35. Continuous consumption of fatty foods leads to the hardening of the _____.
- n.* one of the thick tubes in humans and most other animals that takes blood away from the heart to one or more parts of the body such as tissues, lungs, brain, etc.
36. As an _____ he had the right to make his own decisions and live his life as he saw fit.
- n.* a single person or thing, as distinct from a group
37. My father was tested for _____.
- n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
38. She is a _____ person and has always bounced back from setbacks.
- adj.* able to withstand or recover quickly from difficult conditions
39. She had a master's degree in _____.
- n.* the scientific study of mind and behavior
40. Difficulties _____ the mind, as labor does the body.
- v.* to become stronger or more effective; to make someone or something stronger or more effective
41. The older man _____ from arthritis and finds it difficult to move around.
- v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
42. We want to _____ ties between our two countries.
- v.* to make or become better

ANSWERS: 35. artery, 36. individual, 37. diabetes, 38. resilient, 39. psychology, 40. strengthen, 41. suffers, 42. improve

43. You must _____ with others to obtain this position.

v. to strive to achieve more success than someone or something

44. He does a different _____ every day to keep things interesting.

n. a session of physical exercise or training

45. We should _____ the troops at the front line.

v. to strengthen or support something, especially by adding another material to it;
to make emotion, idea, etc. stronger

46. Countries whose goal is economic development often focus on fostering an entrepreneurial _____ in each individual.

n. the established set of attitudes or fixed ideas held by someone

47. High levels of _____ can increase the risk of heart disease.

n. a type of fat that is found in the blood and cells of the body and that is important for many bodily functions but can also contribute to heart disease and stroke when levels are too high

48. He suffers from _____ breakdowns.

adj. worried and anxious about something; relating to the nerves

49. The _____ team pulled off a stunning upset against the heavily favored opponent.

n. a person or group in a competition or situation that is expected to lose or be at a disadvantage; a person or group that is seen as less powerful or less favored than others in a social, political, or economic context

50. His gaffe spoiled the _____ of the dinner party.

n. the way you feel at a particular time; an angry or impatient state of mind

ANSWERS: 43. compete, 44. workout, 45. reinforce, 46. mindset, 47. cholesterol, 48. nervous, 49. underdog, 50. mood

51. You are not _____ in your behavior.

adj. always behaving or happening in the same way, or having the same thoughts, standards, etc.

52. We are optimistic about our final _____.

n. success in a game, competition, election, or battle, or the knowledge that you have won

53. Despite his best efforts, he was unable to _____ the enemy.

v. to win against somebody in a fight, war, or attempt

54. The majority of students actively _____ in the college's intramural sports program.

v. to take part in something

55. Religious leaders often _____ their messengers to encourage people to follow their teachings.

v. to praise or honor something or someone, often in an exaggerated or overly positive way; to elevate or exalt something or someone to a higher status or position

ANSWERS: 51. consistent, 52. victory, 53. defeat, 54. participated, 55. glorify