

Topic: Health & Lifestyle

No.	Words	Part of Speech	Phonetics	Meaning in English	Example
1	health	noun	/helθ/	physical condition	Health is important.
2	healthy	adjective	/'helθi/	in good condition	I eat healthy food.
3	lifestyle	noun	/'laɪfstɑɪl/	way of living	I have a healthy lifestyle.
4	exercise	noun/verb	/'eksəsaɪz/	physical activity	I exercise daily.
5	workout	noun	/'wɜːrkɑʊt/	exercise session	I do a workout.
6	diet	noun	/'daɪət/	food habit	My diet is balanced.
7	nutrition	noun	/nu:'trɪʃn/	food for health	Nutrition is important.
8	protein	noun	/'prəʊti:n/	body-building nutrient	Eggs have protein.
9	vitamin	noun	/'vaɪtəmi:n/	essential nutrient	Fruits have vitamins.
10	water	noun	/'wɔːtər/	liquid for life	Drink more water.
11	sleep	noun/verb	/sli:p/	rest at night	I sleep 8 hours.
12	rest	noun/verb	/rest/	relax body	I take a rest.
13	relax	verb	/rɪ'læks/	become calm	I relax after work.
14	stress	noun	/stres/	mental pressure	Work causes stress.
15	stressed	adjective	/strest/	feeling pressure	I feel stressed.
16	mental health	noun	/'mentl helθ/	emotional condition	Mental health matters.
17	balance	noun	/'bæləns/	equal lifestyle	Keep work-life balance.
18	routine	noun	/ru:'ti:n/	daily habit	I have a routine.
19	habit	noun	/'hæbɪt/	repeated action	Reading is a good habit.
20	energy	noun	/'enədʒi/	power to act	Exercise gives energy.
21	strong	adjective	/strɒŋ/	having strength	I feel strong.
22	weak	adjective	/wi:k/	lacking strength	I feel weak.
23	sick	adjective	/sɪk/	not healthy	I feel sick.
24	illness	noun	/'ɪlnəs/	disease	He has an illness.
25	disease	noun	/di'zi:z/	serious illness	Cancer is a disease.
26	doctor	noun	/'dɒktər/	medical expert	I see a doctor.

27	nurse	noun	/nɜːrs/	medical helper	The nurse is kind.
28	medicine	noun	/'medɪsɪn/	treatment drug	Take your medicine.
29	treatment	noun	/'tri:tmənt/	medical care	The treatment helps.
30	check-up	noun	/'tʃek ʌp/	health exam	I have a check-up.
31	gym	noun	/dʒɪm/	place to exercise	I go to the gym.
32	yoga	noun	/'jougə/	stretching exercise	I do yoga.
33	running	noun	/'rʌnɪŋ/	sport activity	Running is healthy.
34	walking	noun	/'wɔːkɪŋ/	simple exercise	I go walking.
35	lose weight	verb	/luːz weɪt/	become lighter	I want to lose weight.
36	gain weight	verb	/geɪn weɪt/	become heavier	He gains weight.
37	calories	noun	/'kælərɪz/	energy from food	This food has calories.
38	junk food	noun	/dʒʌŋk fuːd/	unhealthy food	Avoid junk food.
39	fast food	noun	/fæst fuːd/	quick meals	I eat fast food.
40	fresh food	noun	/frefʃ fuːd/	natural food	Eat fresh food.
41	fruit	noun	/'fru:t/	healthy food	I eat fruit.
42	vegetables	noun	/'vedʒtəblz/	plant food	Eat vegetables.
43	avoid	verb	/ə'vɔɪd/	stay away from	Avoid sugar.
44	reduce	verb	/'riːduːs/	make less	Reduce stress.
45	improve	verb	/'ɪm'pruːv/	make better	Improve health.
46	maintain	verb	/'meɪn'teɪn/	keep stable	Maintain balance.
47	active	adjective	/'æktɪv/	moving a lot	Stay active.
48	lazy	adjective	/'leɪzi/	not active	Don't be lazy.
49	positive	adjective	/'pɒzətɪv/	good mindset	Stay positive.
50	negative	adjective	/'negətɪv/	bad mindset	Avoid negative thoughts.
51	meditation	noun	/,medɪ'teɪʃn/	mental exercise	I practice meditation.
52	breathe	verb	/'briːð/	take air in/out	Breathe deeply.
53	lifestyle change	noun	/'laɪfstɑɪl/	change habits	Make lifestyle changes.
54	wellness	noun	/'welnəs/	overall health	Wellness is important.
55	fitness	noun	/'fɪtnəs/	physical health	Fitness improves life.
56	trainer	noun	/'treɪnər/	fitness coach	My trainer helps me.
57	goal	noun	/'gəʊl/	target	My goal is health.

58	routine check	noun	/ru:'ti:n tʃek/	regular exam	Routine check is useful.
59	healthy habit	noun	/'helθi 'hæbit/	good habit	Drinking water is healthy.
60	self-care	noun	/self keər/	taking care of yourself	Self-care is important.

Healthy Lifestyle (Sample Essay)

I believe that having a healthy lifestyle is very important. Every day, I try to take care of both my physical and mental health.

In the morning, I usually wake up early and do some exercise such as walking or running. Sometimes, I go to the gym or practice yoga. Exercise helps me stay active and gives me more energy.

I also pay attention to my diet. I eat fresh food like fruits and vegetables and avoid junk food. I drink a lot of water and try to get enough sleep every night.

When I feel stressed, I take time to relax and practice meditation. This helps me stay calm and positive. I also try to maintain a good work-life balance.

Overall, I think small healthy habits can make a big difference. By taking care of my body and mind, I can live a happier and better life.