

Lección 3 - Senderos 3

Well-being	El bienestar
well-being	
massage	
couch potato	
to lose weight; to slim down	
to reduce stress	
to reduce tension	
to hurry; to rush	
to gain weight	
to enjoy; to reap the benefits (of)	
to be on a diet	
(not) to smoke	
to lead a healthy lifestyle	
to be under a lot of pressure	
to try (to do something)	
active	
weak	
in excess; too much	
flexible	
strong	
sedentary	
calm; quiet	

In the Gym	En el gimnasio
treadmill	
aerobics class	
trainer	
muscle	
to warm up	
to train	
to be in good shape	
to exercise	
to do aerobics	
to do stretching exercises	
to work out	
to lift weights	
to stay in shape	
to sweat	

Nutrition	La nutrición
caffeine	
calorie	
cholesterol	
fat	
afternoon snack	
mineral	
nutrition	
nutritionist	
protein	
vitamin	
to eat a balanced diet	
decaffeinated	

