

Word/Phrase	Part of speech	IPA (UK)	IPA (US)	Definition	Sample sentence
Health and fitness					
anxiety	noun	æŋ'zaɪəti		the feeling of being very worried that something bad is going to happen	It's generally agreed that too much caffeine can cause anxiety .
calorie	noun	'kæləri		units for measuring how much energy you get from food	How many calories are there in a slice of pizza?
cholesterol	noun	kə'lestərəl	kə'lestərəl	a type of fat in the blood that can cause heart disease if you have too much	Try to avoid fatty foods that are high in cholesterol .
depression	noun	dɪ'preʃ(ə)n		a medical condition in which a person is so unhappy they cannot live a normal life	He has suffered from depression for years.
level of fitness	phrase	'lev(ə)l əv 'fɪtnəs		how healthy and strong someone is	Regular biking can help increase your level of fitness .
life expectancy	noun	laɪf ɪk'spektənsi		the length of time that someone is likely to live	Medical advances have helped increase life expectancy .
mental health	noun	'ment(ə)l helθ		the condition of your mind	Adel has suffered from various mental health problems for years now.
obesity	noun	əʊ'bi:səti	oʊ'bisəti	a condition in which someone is too fat in a way that is dangerous for their health	Unhealthy school lunches contribute to obesity in children.
physical	adjective	'fɪzɪk(ə)l		relating to your body rather than your mind	Adults are generally advised to get at least 30 minutes of physical activity every day.
processed foods	noun	'prəʊsest fu:dz	prə'sest fudz	edible products that are manufactured	My doctor suggested I cut down on processed foods .
reduce the risk	phrase	rɪ'dju:s ðə rɪsk	rɪ'dus ðə rɪsk	to lower the chances of something bad happening	Cutting down on fatty foods can reduce the risk of heart disease.
slow the aging process	phrase	sləʊ ðə 'eɪdʒɪŋ 'prəʊses	sləʊ ðə 'eɪdʒɪŋ 'prases	to reduce the speed at which people's bodies deteriorate	Eating well and exercising can slow the aging process .
stress	noun	stres		pressure or worry caused by problems in everyday life	I just couldn't take the stress of working in the city anymore.
Adverbs of stance					
admittedly	adverb	əd'mɪtɪdli	əd'mɪtədli	saying something is true even though it may weaken your argument	I'm sure it was her although, admittedly , she was wearing a different coat.
apparently	adverb	ə'pærəntli	ə'perəntli	based only on what you have heard, not on what you are certain is true	Apparently , Felix is looking for a new job.
frankly	adverb	'fræŋkli		saying that you are about to give your honest opinion, even though the person you are talking to might not like it	Frankly , I don't care who you are.
merely	adverb	'mɪə(r)li	'mɪrli	saying that something is small or unimportant	This job is merely a way for me to pay the bills.
naturally	adverb	'nætʃ(ə)rəli		saying that something happened in the way that you would expect	Naturally , Maria was very eager to meet the new hires.

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sadly	adverb	'sædli		saying that you think something is bad or wrong	She made it through to the last round, but sadly , didn't get the job.
simply	adverb	'sɪmpli		used for emphasizing that what you are saying is nothing more than what you say it is	We simply don't have time to go through everything now.
undoubtedly	adverb	ʌn'daʊtɪdli		saying that something is certainly true or is accepted by everyone	In my opinion, she was undoubtedly the best person for the job.
Adverb + adjective collocations					
absolutely ridiculous	adjective phrase	'æbsəlu:tli rɪ'dɪkjʊləs	'æbsəlu:tli rɪ'dɪkjələs	very silly or unreasonable and deserving to be laughed at	Steph looks absolutely ridiculous in that hat.
bitterly disappointed	adjective phrase	'bɪtə(r)li ,dɪsə'pɔɪntɪd	'bɪtərli ,dɪsə'pɔɪntəd	unhappy because something that you hoped for or expected did not happen or because someone or something was not as good as you expected	They were bitterly disappointed to lose on the final day of the season.
deeply concerned	adjective phrase	'di:pli kən'sɜ:(r)nd	'dipli kən'sɜ:nd	very worried about something	I'm deeply concerned about your lack of progress this year.
highly likely	adjective phrase	'haɪli 'laɪkli		very probable	It seems highly likely that she will step down at the end of the month.
ridiculously easy	adjective phrase	rɪ'dɪkjʊləsli 'i:zi	rɪ'dɪkjələsli 'izi	not difficult to do, or not needing much work	These days, it's ridiculously easy to keep in touch with friends.