

WORD	UNIT NO	PAGE	DEFINITION	PoS	EXAMPLE	CEF	IPA
cancer	10	93	a serious disease that is caused when cells in the body grow in a way that is uncontrolled and not normal	noun	breast/lung cancer	B1	'kæ.n.sə
when	10	94	used to say at what time something happened or will happen	conjunction	I found it when I was cleaning out the cupboards.	A2, B2	wen
as soon as	10	94	at the same time or a very short time after	phrase	As soon as I saw her, I knew there was something wrong.	B1	əz 'su:n əz
then	10	94	at that time	conjunction	I was working in the city then.		ðen
until	10	94	continuing to happen before a particular time or event and then stopping	conjunction	Hadn't we better wait until Antony arrives?	B1, B1	ən'tɪl
while	10	94	during the time that, or at the same time as	conjunction	I read it while you were drying your hair.	A2, B1	wail
lack	10	95	to not have or not have enough of something that is needed or wanted	noun	There is a clear link between lack of movement and depression.		læk
strengthen your immune system	10	95	to improve the cells and tissues in your body that make it able to protect itself against infection	phrase	The reason is that regular exercise strengthens your immune system, and that helps you fight against colds and other infections.		,streŋ.θən jɔ:r i'mju:n ,sɪs.təm
fight infections	10	95	to deal with diseases that are cause by bacteria or viruses	phrase	The reason is that regular exercise strengthens your immune system, and that helps you fight against colds and other infections.		,faɪt ɪn'fek.ʃənz
memory	10	95	your ability to remember	noun	Exercise is good for your memory.	A2, B1	'mem.ər.i
heart attack	10	95	a serious medical condition in which the heart does not get enough blood, causing great pain and often leading to death	noun	If you do, you reduce the risk of dying from a heart attack by almost a half compared to people who don't do any sports.	B1	'hɑ:t ə,tæk
therefore	10	95	for that reason	adverb	We were unable to get funding and therefore had to abandon the project.	B1	'ðeə.fɔ:
suffer	10	96	to experience pain or unpleasant emotions	verb	Jack had been suffering from a serious illness since he was born.	B2	'sʌf.ə
take exercise	10	97	to do physical activity to make your body strong and healthy	phrase	You really should take more exercise.		,teɪk 'ek.sə.saɪz
have an operation	10	97	If you have an operation, a doctor cuts your body to remove or repair part of it.	phrase	He had an operation to remove his tonsils.		,hæv ən əp.ər'eɪ.ʃən
get better	10	97	to feel well again after you have been ill	phrase	I hope you get better soon.		,get 'bet.ə
make an appointment	10	97	to arrange to do something at a particular time	phrase	I've made an appointment with the doctor.		,meɪk ən ə'pɔɪnt.mənt
see a doctor	10	97	to arrange to visit the person who treats you when you are ill	phrase	You should see a doctor if your cough doesn't clear up.		,si: ə 'dɒk.tə
feel sick	10	97	to feel that the food or drink in your stomach might soon come up through your mouth	phrase	I was so nervous I felt quite sick.		,fi:l 'sɪk
popular	10	98	liked by many people	adjective	But in Russia, Finland and other countries, ice swimming has been popular for centuries.	A2, B2	'pɒp.jʊ.lə
nearby	10	98	not far away	adjective	Would you rather see a film with a friend, go for a walk and enjoy the beautiful snow, or go for a swim in the nearby lake or river?	B1	,niə'baɪ
brave	10	98	showing no fear of dangerous or difficult situations	adjective	Doctors say these things may be true – but you have to be very brave to try it, and it's only for people who are already fit and healthy!	B1	breɪv
annually	10	98	once every year	adverb	What started with six thousand participants in Phoenix, Arizona, is now held annually in many cities around the world, with millions of runners.	B2	'æn.ju.əl.i
overcome	10	98	to deal with and control a problem or feeling	verb	They help to overcome stress, and people doing Tai Chi say it helps them to concentrate better and to feel happy and relaxed.	B2	,əv.və'kʌm