Unidad 3.3: El bienestar



**Vocabulario**

**Los síntomas y las medicinas**

**la alergia** allergy

**el antibiótico** antibiotic

**la aspirina** aspirin

**la enfermedad** illness

**la fiebre** fever

**el grado centígrado** centigrade degree

**la gripe** flu

**el jarabe** syrup

**la tos** cough

**enfermarse** to get sick

**estar resfriado, -a**  to have a cold

**estornudar** to sneeze

**tomar la temperatura** to take the temperature

**vomitar** to throw up

**Partes del cuerpo**

**el corazón** heart

**el oído**  ear

**la garganta**  throat

**el pecho**  chest

**Estados de ánimo**

**agotado, -a** exhausted/worn out

**ansioso, -a** anxious

**deprimido, -a** depressed

**estresado, -a** stressed out

**caerse de sueño**  to be exhausted, sleepy

**concentrarse** to concentrate

**estar de buen / mal humor** to be in a good / bad mood

**estar en la luna** to be daydreaming

**preocuparse** to worry

**sentirse fatal** **(e**➞ ***ie*)**  to feel awful

**tener confianza en sí mismo, -a** to have self-confidence

**Actividades relacionadas con la salud**

**aconsejar** to advise

**aguantar** to endure, to tolerate

**alimentarse bien** to eat well

**contener** to contain

**cuidarse** to take care of oneself

**desarrollar** to develop

**estar activo** to be active

**estar en forma**  to be fit

**estirar** to stretch

**evitar el estrés** to avoid stress

**exigir (g**➞ ***j*)** to demand

**guardar cama**  to stay in bed

**hacer flexiones** to do push-ups

**abdominales**  to do crunches

**ejercicios aeróbicos** to do aerobics

**incluir (*i*** ➞ ***y*)** to include

**levantar pesas** to lift weights

**mantenerse en forma**  to stay in shape

**perder peso** **(e**➞ ***ie*)** to lose weigh

**ponerse a dieta** to get on a diet

**ponerse en forma**  to get in shape

**quejarse** to complain

**relajar(se)** to relax

**respirar** to breathe

**saltar una comida**  to kip a meal

**usar la cinta de correr** to use a treadmill

**La nutrición**

**la alimentación** nutrition, feeding

**los alimentos** food

**el carbohidrato** carbohydrate

**la comida basura** junk food

**la energía** energy

**la fibra**  fiber

**la grasa**  fat/grease

**la proteína** protein

**la vitamina**  vitamin

**apropiado, -a**  appropriate

**equilibrado, -a** balanced

**nutritivo, -a**  nutritious

**saludable / sano, -a**  healthy

**Expresiones útiles**

**el consejo** advice

**la manera** way

**el nivel** level

**débil** weak

**fuerte** strong

**aunque**  despite, even when

**Expresiones del subjuntivo**

**Es importante que** it is important that

**Es posible que / es imposible que** it is posible that / it is impossible that

**Es probable que / es improbable que** it is probable that / it is improbable that

**Es necesario que** it is necessary that

**Es una lástima que** it is a shame that

**Expresiones del indicativo**

**Es cierto que**  it is certain that

**Es evidente que** it is evident that

**Es obvio que** it is obvious that