stay fit

To remain strong, healthy, and physically sound.

There are all sorts of fad diets and get-fit-quick workout routines out there, but the only reliable way to stay fit is to eat more fruits and vegetables, cut down on junk food, and exercise regularly.

I'll get back on my feet.

outdoorsy /aʊtˈdɔːzi/

of, associated with, or fond of the outdoors.

"Bill is such an outdoorsy kind of guy"

Can you drive a stick-shift?

punctilious /pʌŋ(k)ˈtɪlɪəs/

showing great attention to detail or correct behaviour.

"he was punctilious in providing every amenity for his guests"

meticulous

/mɪˈtɪkjʊləs/

showing great attention to detail; very careful and precise.

"the designs are hand-glazed with meticulous care"

precise

/prɪˈsʌɪs/

olden /ˈəʊld(ə)n/

relating to former times.

"the olden days"

You should be running on the treadmill the same way you would run outdoors.

preferable /ˈprɛf(ə)rəb(ə)l/

comfortable /ˈkʌmf(ə)təb(ə)l/

abstruse

/əbˈstruːs/

Learn to pronounce

adjective

difficult to understand; obscure.

"an abstruse philosophical inquiry"

pelt /pɛlt/

the skin of an animal with the fur, wool, or hair still on it.

"traders brought reindeer pelts"

procreate

/ˈprəʊkrɪeɪt/

(of people or animals) produce young; reproduce.

"species that procreate by copulation"

mald

Blend of mad +‎ bald, suggesting hair loss caused by rage.

odour /ˈəʊdə/

deodorant

/dɪˈəʊd(ə)r(ə)nt/

vibrant /ˈvʌɪbr(ə)nt/

full of energy and life.

"a vibrant cosmopolitan city"

slab /slab/

a large, thick, flat piece of stone or concrete, typically square or rectangular in shape.

"paving slabs"

grate /ɡreɪt/

a metal frame for holding fuel in a fireplace or furnace.

grating

drab /drab/

lacking brightness or interest; drearily dull.

"the landscape was drab and grey"

retaliate /rɪˈtalɪeɪt/

make an attack in return for a similar attack.

"the blow stung and she retaliated immediately"

nuisance /ˈnjuːs(ə)ns/

She carries her self with class and poise, and her success and strength speaks for itself!

delinquent

/dɪˈlɪŋkw(ə)nt/

(typically of a young person) tending to commit crime, particularly minor crime.

"delinquent teenagers"

profound /prəˈfaʊnd/

(of a state, quality, or emotion) very great or intense.

"profound feelings of disquiet"

incarnate /ɪnˈkɑːnət/

especially of a deity or spirit) embodied in human form.

"God incarnate"

resurrect /rɛzəˈrɛkt/

In a video game, when a player dies, they can be rezzed (resurrected) which brings them back to life so they may continue playing.

fence post

bin liner

excavate

/ˈɛkskəveɪt/

make (a hole or channel) by digging.

"the cheapest way of doing this was to excavate a long trench"

frail /freɪl/

(of a person) weak and delicate.

"his small, frail body"

hindsight /ˈhʌɪn(d)sʌɪt/

understanding of a situation or event only after it has happened or developed.

"with hindsight, I should never have gone"

In hindsight, it's clear there were alternatives.

Definition of wing it

informal. : to do or try to do something without much practice or preparation I hadn't practiced the part, so I got up there and winged it.

Definition of the rumor mill

: a group of people who start and spread rumors That news should keep the rumor mill churning/running/going for a while!

snug /snʌɡ/

comfortable, warm, and cosy; well protected from the weather or cold • she was safe and snug in Ruth's arms • a snug cottage.

insulate /ˈɪnsjʊleɪt/

protect (something) by interposing material that prevents the loss of heat or the intrusion of sound • insulate and draught-proof your home • (as adj. insulated) an insulated loft. 2. prevent the passage of electricity to

flag down a ride

If you flag down a vehicle, especially a taxi, you wave at it as a signal for the driver to stop.

tether /ˈtɛðə/

tie (an animal) with a rope or chain so as to restrict its movement

hull /hʌl/

the main body of a ship or other vessel, including the bottom, sides, and deck but not the masts, superstructure, rigging, engines, and other fittings.

fuselage /ˈfjuːzəlɑːʒ, ˈfjuːzəlɪdʒ/

the main body of an aircraft.

altitude /ˈaltɪtjuːd/

albeit /ɔːlˈbiːɪt/

scoundrel /ˈskaʊndr(ə)l/

a dishonest or unscrupulous person; a rogue.

"that scoundrel sets a bad example for the other young men"

in agreement or harmony.

"the rules may not be congruent with the requirements of the law"

GEOMETRY

(of figures) identical in form; coinciding exactly when superimposed.

What does Chungus mean? Chungus is a meme featuring a chunky version of the cartoon character Bugs Bunny, typically captioned Big Chungus.

obese

/ə(ʊ)ˈbiːs/

grossly fat or overweight.

"a hugely obese young man"

matrices

/ˈmeɪtrɪsɪz/

acute angle

obtuse angle

obtuse /əbˈtjuːs/

annoyingly insensitive or slow to understand.

"he wondered if the doctor was being deliberately obtuse"

A Kindle of Kittens

How to remember: Our daughter browsed LOLCats on her tablet, cooing over a kindle of kittens on her Kindle.

An Embarrassment of Pandas

How to remember: The newlywed embarrassment of pandas could not mate on command—much to their embarrassment.

A group of crows is called a “murder.” There are several different explanations for the origin of this term, mostly based on old folk tales and superstitions.

snark /snɑːk/

critical or mocking comments made in an indirect or sarcastic way.

"a little more research and a little less snark might have made this an interesting post"

cadence /ˈkeɪd(ə)ns/

a modulation or inflection of the voice.

predicament

/prɪˈdɪkəm(ə)nt/

a difficult, unpleasant, or embarrassing situation.

"the club's financial predicament"

nuisance /ˈnjuːs(ə)ns/

Collectivist cultures emphasize the needs and goals of the group as a whole over the needs and desires of each individual.

in a similar vein

continuing with something similar to what came before

Leeds had dominated the game throughout the first half, and the second half began in a similar vein with another goal after only five minutes.

get someone something

it will get you a lot of cred

cred /krɛd/

another term for street credibility.

"a few tales here and there could wreck my cred completely!"

street credibility

acceptability among fashionable young urban people.

"the Liverpudlian is to use his street credibility to try to get the anti-vandalism message across to schoolchildren"

I can't be fucked

to tired or low energy to do something (Can't be fucked)

Friend 1: did you do the homework

Friend 2: No really I can't be fucked

vinyl /ˈvʌɪn(ə)l/

Definition: An infomercial is a form of advertisement which is aimed at educating the customer about a product or a series of products via television in the form of a program.

verdict /ˈvəːdɪkt/

a decision on an issue of fact in a civil or criminal case or an inquest.

"the jury returned a verdict of not guilty"

on all counts

in all respects

guilty on all counts, guilty in every way

in compensation for someone's injury

award /əˈwɔːd/

give or order the giving of (something) as an official payment, compensation, or prize to (someone).

"he was awarded the Military Cross"

grossly /ˈɡrəʊsli/

in a very obvious and unacceptable manner; flagrantly.

"you have grossly insulted a member of the community"

heretical /hɪˈrɛtɪk(ə)l/

believing in or practising religious heresy.

"heretical beliefs"

recant /rɪˈkant/

say that one no longer holds an opinion or belief, especially one considered heretical.

"heretics were burned if they would not recant"

implicate /ˈɪmplɪkeɪt/

show (someone) to be involved in a crime.

"he was implicated in a price-fixing scandal"

exonerate

/ɪɡˈzɒnəreɪt,ɛɡˈzɒnəreɪt/

(of an official body) absolve (someone) from blame for a fault or wrongdoing.

"an inquiry exonerated those involved"

Touch grass is used on the Internet to tell someone to go outside. The phrase also implies that the person the insult is directed to spends too much time online, and they physically need to get outside and “touch some grass” to reconnect with the real world.

hydraulic

/hʌɪˈdrɔːlɪk,hʌɪˈdrɒlɪk/

denoting or relating to a liquid moving in a confined space under pressure.

"hydraulic fluid"

obsidian /əbˈsɪdɪən/

a hard, dark, glasslike volcanic rock formed by the rapid solidification of lava without crystallization.

decimate /ˈdɛsɪmeɪt/

kill, destroy, or remove a large proportion of.

"the inhabitants of the country had been decimated"

futile /ˈfjuːtʌɪl/

incapable of producing any useful result; pointless.

"a futile attempt to keep fans from mounting the stage"

status /ˈsteɪtəs/

status quo /ˈkwəʊ/

the existing state of affairs, especially regarding social or political issues.

"they have a vested interest in maintaining the status quo"

litigate /ˈlɪtɪɡeɪt/

resort to legal action to settle a matter; be involved in a lawsuit.

"the plaintiff is prepared to litigate"

Definition of in a huff

: in an angry or annoyed state They argued and she left in a huff.

dilapidate /dɪˈlapɪdeɪt/

cause (something) to fall into disrepair or ruin.

"a ruined Chappell, built by the Spaniard, and dilapidated by the Dutch"

Freudian slip

/ˌfrɔɪdɪən ˈslɪp/

an unintentional error regarded as revealing subconscious feelings.

The expression 'whatever floats your boat' means do what brings you joy. For example: It's your birthday. We can go to the theatre or have a meal in a posh

without so much as a by-your-leave

without apologizing for rude or unwelcome behaviour.

"she came in without so much as a by-your-leave"

semblance /ˈsɛmbləns/

the outward appearance or apparent form of something, especially when the reality is different.

"she tried to force her thoughts back into some semblance of order"

be off with you

ceremony /ˈsɛrɪməni/

dropping the soap

in jail, men have showers together. to drop the soap is to bend over so the man near you can give you a screw

my friend daniel does it all the time

Definition of filthy rich

: extremely rich —used to imply that a person's wealth is excessive or offensive

I happen to know that the woman is filthy rich and can well afford to compensate you.

anemone /əˈnɛməni/

prescription /prɪˈskrɪpʃ(ə)n/

an instruction written by a medical practitioner that authorizes a patient to be issued with a medicine or treatment.

"he scribbled a prescription for tranquillizers"

Definitions of garlic clove. one of the small bulblets that can be split off of the axis of a larger garlic bulb.

wallow /ˈwɒləʊ/

(chiefly of large mammals) roll about or lie in mud or water, especially to keep cool or avoid biting insects.

"there were watering places where buffalo liked to wallow"

"try to stir drama"

wack

an adjective used to refer to something crazy, weird, and/or unbelievable

frame (one)

To manipulate a situation so that an innocent person appears to have committed a crime (so that the actual criminal can avoid blame or detection).

A: "They're framing me, officer, I swear! I would never go to a seedy place like that!" B: "Oh yeah? Then why did we find your fingerprints there?"

parole /pəˈrəʊl/

the temporary or permanent release of a prisoner before the expiry of a sentence, on the promise of good behaviour.

"he committed a burglary while on parole"

lube /luːb/

lubricate /ˈluːbrɪkeɪt/

apply a substance such as oil or grease to (an engine or component) so as to minimize friction and allow smooth movement.

"remove the nut and lubricate the thread"

uroboros /ˌjʊərə(ʊ)ˈbɒrəs/

mandatory /ˈmandət(ə)ri/

dementia /dɪˈmɛnʃə/

a chronic or persistent disorder of the mental processes caused by brain disease or injury and marked by memory disorders, personality changes, and impaired reasoning.

equilibrium

/ˌiːkwɪˈlɪbrɪəm,ˌɛkwɪˈlɪbrɪəm/

floor the gas pedal

Japan says five ballistic missiles launched by China during a military drill on Thursday landed within its Exclusive Economic Zone.

go in for

like or habitually take part in an activity.

"I don't go in for the social whirl"

get round to

deal with a task in due course.

"I might get round to organizing another trip in the spring"

sew /səʊ/

lamb /lam/

In September, 1896, cumulonimbus, the greatest cloud in the world, was listed as Cloud 9 in a new cloud classification, and so to be on cloud nine became like floating on the tallest cloud on Earth.

elation

/ɪˈleɪʃ(ə)n/

Learn to pronounce

noun

great happiness and exhilaration.

"Richard's elation at regaining his health was short-lived"

goulash /ˈɡuːlaʃ/

a highly seasoned Hungarian soup or stew of meat and vegetables, flavoured with paprika.

collar /ˈkɒlə/

the part around the neck of a shirt, blouse, jacket or coat, either upright or turned over.

"a shirt collar"

bridle /ˈbrʌɪd(ə)l/

the headgear used to control a horse, consisting of buckled straps to which a bit and reins are attached.

"grooms came at once to take the bridles"

unbridled

/ʌnˈbrʌɪd(ə)ld/

uncontrolled; unconstrained.

"a moment of unbridled ambition"

take out

kill, destroy, or disable someone or something.

"some say the Mob took him out for crossing them"

delectable /dɪˈlɛktəb(ə)l/

(of food or drink) delicious.

"delectable handmade chocolates"

formidable /ˈfɔːmɪdəb(ə)l,fəˈmɪdəb(ə)l/

inspiring fear or respect through being impressively large, powerful, intense, or capable.

"a formidable opponent"

if someone does something to earn brownie points, they do it to make someone in authority have a good opinion of them She's just trying to win brownie points with the boss.

Steampunk

notch /nɒtʃ/

an indentation or incision on an edge or surface.

"there was a notch in the end of the arrow for the bowstring"

cola /ˈkəʊlə/

hallmark /ˈhɔːlmɑːk/

a mark stamped on articles of gold, silver, or platinum by the British assay offices, certifying their standard of purity.

swamped

snowed under

practitioner /prakˈtɪʃ(ə)nə/

a person actively engaged in an art, discipline, or profession, especially medicine.

"patients are treated by skilled practitioners"

fingers crossed

used for saying that you hope something goes well or has a good result

Tomorrow is my second test so fingers crossed!

It’s too soon to get excited, but keep your fingers crossed.

I feel motion sick

amorous /ˈam(ə)rəs/

showing, feeling, or relating to sexual desire.

"she rejected his amorous advances"

My friend has a big appetite so she always orders large size.

smooch /smuːtʃ/

kiss and cuddle amorously.

"the young lovers smooched in their car"

demand /dɪˈmɑːnd/

obliterate /əˈblɪtəreɪt/

destroy utterly; wipe out.

"the memory was so painful that he obliterated it from his mind"

the gift of the gab

the ability to speak easily and confidently in a way that makes people want to listen to you and believe you:

She's got the gift of the gab - she should work in sales and marketing.

glaucoma /ɡlɔːˈkəʊmə/

緑内障

The person with the most cards at the end wins.

I have stage fright. I think I would just get up there and forget the song lyrics.

Kool-Aid Man

swoon /swuːn/

be overcome with admiration, adoration, or other strong emotion.

"you can have them swooning over you with a few well-placed words"

as per /ˌaz ˈpəː/

in accordance with.

"made as per instructions"

liver /ˈlɪvə/

lever /ˈliːvə/

blight /blʌɪt/

something that spoils or has a very bad effect on something, often for a long time:

His arrival cast a blight on the wedding day.

splotch /splɒtʃ / ‹informal› I. noun a daub, blot, or smear of something, typically a liquid.

a splotch of red in a larger area of yellow.

natter /ˈnatə/

talk casually, especially on unimportant matters; chat.

"they nattered away for hours"

wad /wɒd/

a mass or lump of a soft material, used for padding, stuffing, or wiping.

"a wad of lint-free rag"

genital /ˈdʒɛnɪt(ə)l/

relating to the human or animal reproductive organs.

"the genital area"

hula hoop /ˈhuːləhuːp/

swerve /swəːv/

change or cause to change direction abruptly.

"a lorry swerved across her path"

horrid /ˈhɒrɪd/

very unpleasant or disagreeable.

"the teachers at school were horrid"

official /əˈfɪʃ(ə)l/

inmate. noun [ C ] /ˈɪn.meɪt/ us. /ˈɪn.meɪt/ a person who is kept in a prison or a hospital for people who are mentally ill.

Threading.

Threading is a method of hair removal originating in Iran.

rudiment /ˈruːdɪm(ə)nt/

the first principles of (a subject).

"she taught the girls the rudiments of reading and writing"

axiom /ˈaksɪəm/

maxim /ˈmaksɪm/

a short, pithy statement expressing a general truth or rule of conduct.

"the maxim that actions speak louder than words"

kraken /ˈkrɑːk(ə)n/

an enormous mythical sea monster said to appear off the coast of Norway.

portent

/ˈpɔːtɛnt,ˈpɔːt(ə)nt/

a sign or warning that a momentous or calamitous event is likely to happen.

"many birds are regarded as being portents of death"

booger

/ˈbʊɡə,ˈbuːɡə/

on the ball

alert to new ideas, methods, and trends.

"maintaining contact with customers keeps me on the ball"

integrated /ˈɪntɪɡreɪtɪd/

(of an institution, body, etc.) desegregated, especially racially.

"integrated education"

rampant /ˈramp(ə)nt/

(especially of something unwelcome) flourishing or spreading unchecked.

"political violence was rampant"

conviction

/kənˈvɪkʃ(ə)n/

a firmly held belief or opinion.

"she takes pride in stating her political convictions"

predicament

/prɪˈdɪkəm(ə)nt/

a difficult, unpleasant, or embarrassing situation.

"the club's financial predicament"

predominant /prɪˈdɒmɪnənt/

present as the strongest or main element.

"the predominant colour was white"

on about

talking about

I haven't a clue what you're on about!

She is always on about the importance of exercise.

floor /flɔː/

baffle (someone) completely.

"that question floored him"

heterochromia

[ hĕt′ə-rō-krō′mē-ə ]

apprehensive /aprɪˈhɛnsɪv/

anxious or fearful that something bad or unpleasant will happen.

"he felt apprehensive about going home"

run someone/something down

discover someone or something after a search.

"she finally ran the professor down"

pull through (something)

to succeed in dealing with a difficult period, or to help someone do this:

He'd never have managed on his own, but his colleagues have pulled him through.

It was a crisis year for the company, but we have pulled through.

it's so coinflip.

If a story or description comes alive, it becomes interesting, lively, or realistic. If someone or something brings it alive, they make it seem more interesting, lively, or realistic.

She made history come alive with tales from her own memories.

From here on he brings the character confidently alive.

crony /ˈkrəʊni/

a close friend or companion.

"he went gambling with his cronies"

Cabbage Patch is a dance which involves extending your arms out while making fists with each hand and moving the arms in a horizontal, circular motion.

degrade /dɪˈɡreɪd/

break down or deteriorate chemically.

"the bacteria will degrade hydrocarbons"

caramel /ˈkarəm(ə)l,ˈkarəmɛl/

A heat wave, or heatwave, is a period of excessively hot weather, which may be accompanied by high humidity, especially in oceanic climate countries.

alternative

/ɔːlˈtəːnətɪv,ɒlˈtəːnətɪv/

He made it entirely more complex and convoluted to convey the intended message than it could have been if it was delivered in the alternative and more efficient manner

every so often

from time to time; occasionally.

"every so often I need a laugh to stay sane"

My Milkshake Brings All the Boys to the Yard

laxative /ˈlaksətɪv/

(chiefly of a drug or medicine) tending to stimulate or facilitate evacuation of the bowels.

"laxative drugs"

Guy Fawkes

If you describe something as cheesy, you mean that it is cheap, unpleasant, or insincere.

You really need to be careful of how you speak to your parents.

vile /vʌɪl/

extremely unpleasant.

"he has a vile temper"

extort /ɪkˈstɔːt,ɛkˈstɔːt/

obtain (something) by force, threats, or other unfair means.

"he attempted to extort money from the company"

I'm sorry you didn't get the job, but don't take your frustration out on me.

workers who go home and take out their frustration on their families

Hermes /ˈhɜː.miːz/

What kind of meat is this

She blew him a kiss.

I don't have materialistic desires?

grit /ɡrɪt/

small loose particles of stone or sand.

"she had a bit of grit in her eye"

pelvis /ˈpɛlvɪs/

the large bony frame near the base of the spine to which the hindlimbs or legs are attached in humans and many other vertebrates.

object to doing something: I object to paying that much for milk.

A bullet journal is a method of personal organization developed by designer Ryder Carroll.

I work at a bank/ in a bank.

extravagant

/ɪkˈstravəɡ(ə)nt,ɛkˈstravəɡ(ə)nt/

lacking restraint in spending money or using resources.

"it was rather extravagant to buy both"

He made some minor mistakes in the details.

I need you to give me the directions in detail.

Can you drive me home?

tantrum /ˈtantrəm/

dissociate

/dɪˈsəʊʃɪeɪt,dɪˈsəʊsɪeɪt/

(especially in abstract contexts) disconnect or separate.

"the word ‘spiritual’ has become for many dissociated from religion"

decimate /ˈdɛsɪmeɪt/

kill, destroy, or remove a large proportion of.

"the inhabitants of the country had been decimated"

The police foiled the thief's plan.

aptitude /ˈaptɪtjuːd/

a natural ability to do something.

"children with an aptitude for painting and drawing"

Mow the loan

whiz at

live on borrowed time

Mad money

Refined

slick job

tow away

Refined person

Slick

How's that for

feeling of security

Wade

sewer

Rugged

On second thought

Q18ZGF9IUD

this is swell

second childhood

Be drafted

swell birthday

you can't keep a good man down

hollow victory

april showers bring may flowers

not be above (doing) something

editorial section

mechanically mindedness

preliminary

lap

Play house

retroactive

Foiled by man’s best friend

jump over barrels

maladjusted

rent out

roughneck

filibuster

I’m sunk

i get my laughs

cut oneself shaving

武富士相続税

get under someone's skin

bat an eye

nuptial

Resort to