

1. exercise	(n.) training your body through action or effort	29. amazing	(adj.) surprising; wonderful; very very good
2. use up	(v.) to finish something, so there's no more If you ____ your money now, you won't have any later.	30. depend	(v.) to need or rely on
3. muscle	(n.) the meat connected to your bones, that controls your movement	31. stand up	(v.) to move up from a sitting position The teams ____ when the national song is played
4. heart	(n.) the organ that pumps blood through your body	32. sit down	(v.) to move down from a standing position We must ____ to watch a movie in the cinema.
5. blood	(n.) the red liquid pumped through the body by the heart	33. in front of	(adv.) ahead of
6. healthy	(adj.) not sick	34. against	into contact or collision with
7. chance	(n.) a probability that something may happen	35. second	(n.) a unit of time equal to one sixtieth of a minute divided into.
8. overweight	(adj.) fat; heavier than normal	36. in addition	(adv.) including something else
9. cause	(v.) to make something happen Junk food and drinks ____ diabetes.	37. tip	(n.) inside information or insight into something; advice
10. improve	(v.) to make better	38. break	(n.) a time of rest from work or another activity
11. depend on	(v.) to need someone or something Babies ____ their parents for food.	39. actually	(adv.) in truth really
12. control	(v.) to have power over something or someone The drivers ____ their cars.	40. clearly	(adv.) with exactness; easily understood
13. past	(adj.) happened before now	41. gym	(n.) a large building with exercise and sports equipment; indoor place for sports and physical activity
14. relative	(n.) a member of the family	42. mistake	(n.) an incorrect act
15. vitamin	(n.) substances that the body needs to stay healthy Oranges have a lot of ____ C.	43. swing	(v.) to move side to side
16. junk food	(n.) ready-made food that is not very healthy; e.g. potato chips, instant ramen, cookies, etc.	44. fall out of	(v.) to drop
17. breath	(n.) the air that goes in and out of your lungs	45. land	(v.) to arrive on the ground
18. lift weights	(v.) to exercise your muscles by raising and lowering heavy things	46. worse	(adv.) more detrimental than something else
19. follow	(v.) to obey rules, laws, directions, etc.	47. recover	(v.) to return to a normal state
20. rule	(n.) a regulation that must be followed The first ____ in soccer is 'don't use your hands'.	48. blood pressure	(n.) a measure of the pressure at which the blood flows through the body
21. rusty	(adj.) covered in rust	49. pass out	(v.) to lose consciousness; to faint
22. life	(n.) the opposite of "death"	50. rest	(v.) to stop work in order to relax, refresh oneself, or recover strength
23. farmer	(n.) a person who grows fruits, vegetables, and/or raises food animals as a job		
24. factory	(n.) a place where goods are made, usually by machines		
25. worker	(n.) a person who performs a job		
26. instead	(adv.) in place of something else I'll have bread ____ of rice today.		
27. beat	(v.) to make a regular, rhythmic sound, esp. on a drum		
28. per	for every; by The speed limit is 40 km ____ hour.		

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