

weight**1. [weɪt] n**

1. 1) **вес**
specific weight - удельный вес
my weight is 140 pounds - мой вес /я вешу/ 140 фунтов
unit of weight - единица веса
to put on weight - прибавлять в весе, полнеть
to lose weight - терять в весе, худеть
to sell by weight - продавать на вес
sole weight - **спорт.** собственный вес тела
- 2) **единица веса; мера веса**
a table [a system] of weights - таблица[система] мер веса
apothecaries' weight - аптекарский вес
- 3) **правильный, полный, нужный вес**
to be under [over] weight - весить слишком мало [много]
2. 1) **тяжесть; груз, нагрузка, давление**
dead weight - **тех.** собственный вес
under its own weight - под собственной тяжестью
keep the papers down with a weight - прижмите бумаги чем-нибудь тяжёлым
weight of roof, roof weight - **горн.** давление кровли, вторичное горное давление
weight per axle - **спец.** нагрузка на ось
- 2) **бремя (забот, работы и т. п.)**
that's a great weight off my mind - у меня с души камень свалился
he felt the weight of years - годы давали себя знать
3. **грузило (тж. lead weight)**
4. **значение, важность; ценность**
to give weight to - придавать значение, признавать важность (чего-л.)
to lay weight on - ценить, придавать значение
the objection is of weight - это серьёзное /существенное/ возражение
considerations of no weight - соображения, не заслуживающие внимания
5. **влияние, авторитет**
men of weight - влиятельные/авторитетные люди
to carry weight - пользоваться влиянием
his word carries great weight with us - с его мнением у нас очень считаются
to throw one's weight behind smth. - всем своим авторитетом поддержать что-л. (**план и т. п.**)
6. **сила (удара и т. п.)**
to throw the main weight (into) - **воен.** направлять главный удар (на)
7. **нажим (пером и т. п.)**
line weight - толщина линии (в чертеже)
8. **тяжесть (обвинения и т. п.)**
9. 1) **гиря**
a round weight - фунтовая гирия
- 2) **pl гири; разновес**
- 3) **спорт.** вес (**легкоатлетический снаряд**)
weight throwing - метание веса
- 4) **штанга (тяжёлая атлетика)**
10. **спорт.** весовая категория (**тж. weight category**)
11. **текст.** вес ткани; ткань определённого веса, толщины
a suit of summer weight - лёгкий летний костюм
winter weight - зимняя ткань (**сукно и т. п.**)
tropical weights - а) ткань для тропиков; б) лёгкая костюмная ткань
◇ to be worth one's weight of /in/ gold - быть на вес золота; быть чрезвычайно ценным /незаменимым/
to pull one's weight - а) грести добросовестно; быть хорошим гребцом; б) честно выполнять свою долю работы **и т. п.**
to throw one's weight about /around/ - держаться заносчиво, говорить повелительным тоном; распоряжаться

2. [weɪt] v

1. **утяжелять; подвешивать гирию, грузило и т. п.**
to weight a stick with lead - утяжелить палку свинцом
2. **искусственно утяжелять**
to weight silk - **текст.** утяжелять шёлк
to weight sugar - подмачивать сахар
3. **придавать вес, определённую направленность**
circumstances weighted in his favour - обстоятельства сложились в его пользу
4. **взвешивать, устанавливать вес**
5. **оценивать (результаты опыта и т. п.)**
6. **стат.** взвешивать

weight

weight [weight weights weighted weighting] noun, verb BrE [weɪt]^u NAmE [weɪt]

BEING HEAVY

1. **uncountable, countable** how heavy sb/sth is, which can be measured in, for example, kilograms or pounds

- It is about 76 kilos **in weight** .
- Bananas are sold by weight.
- In the wild, this fish can reach a weight of 5lbs.
- She is trying to **lose weight** (= become less heavy and less fat) .
- He's **put on/gained weight** (= become heavier and fatter) since he gave up smoking.
- Sam has a weight problem (= is too fat) .
- No more for me. I have to **watch my weight** .

see also ↑overweight ↑underweight

2. **uncountable** the fact of being heavy

- He staggered a little **under the weight of** his backpack.
- I just hoped the branch would **take my weight** .
- The pillars have to support the weight of the roof.
- Don't put any weight on that ankle for at least a week.

see also ↑deadweight

HEAVY OBJECT

3. **countable** an object that is heavy

- The doctor said he should not lift heavy weights.

4. **countable** an object used to keep sth in position or as part of a machine

- weights on a fishing line

see also ↑paperweight

RESPONSIBILITY/WORRY

5. **singular** ~ (of sth) a great responsibility or worry

Syn: ↑burden

- The full weight of responsibility falls on her.
- The news was certainly a **weight off my mind** (= I did not have to worry about it any more) .
- Finally telling the truth was a **great weight off my shoulders** .

INFLUENCE/STRENGTH

6. **uncountable** importance, influence or strength

- The many letters of support **added weight** to the campaign.
- The President has now offered to **lend his weight to** the project.
- Your opinion **carries weight** with the boss.
- How can you ignore **the sheer weight of** medical opinion?
- The weight of evidence against her is overwhelming

FOR MEASURING/LIFTING

7. **countable, uncountable** a unit or system of units by which weight is measured

- tables of weights and measures
- **imperial /metric weight**

8. **countable** a piece of metal that is known to weigh a particular amount and is used to measure the weight of sth, or lifted by people to improve their strength and as a sport

- a set of weights
- She lifts weights as part of her training.
- He does a lot of **weight training** .

more at groan under the weight of sth **at** ↑groan _{v.}, pull your weight **at** ↑pull _{v.}, punch above your weight **at** ↑punch _{v.}, worth your/its weight in gold **at** ↑worth _{adj.}

Word Origin:

Old English (ge)wiht, of Germanic origin; related to Dutch **wicht** and German **Gewicht**. The form of the word has been influenced by ↑weigh.

Collocations:**Diet and exercise***Weight*

put on/gain/lose weight/a few kilos/a few pounds

watch/control/struggle with your weight

be/become seriously overweight/underweight

be/become clinically/morbidly obese

achieve /facilitate /promote /stimulate weight loss

slim down to 70 kilos/(BrE) 11 stone/(especially NAmE) 160 pounds

combat/prevent/tackle/treat obesity

develop /have /suffer from /struggle with /recover from anorexia/bulimia/an eating disorder

be on/go on/follow a crash/strict diet
have/suffer from a negative/poor body image
have/develop a positive/healthy body image

Healthy eating

eat a balanced diet/healthily/sensibly
get/provide/receive adequate/proper nutrition
contain/get/provide essential nutrients/vitamins/minerals
be high/low in calories/fat/fibre (*especially US*) fiber/protein/vitamin D/Omega-3 fatty acids
contain (no)/use/be full of/be free from additives/chemical preservatives/artificial sweeteners
avoid/cut down on/cut out alcohol/caffeine/fatty foods
stop/give up/ (*especially NAmE*) quit smoking

Exercise

(*BrE*) take regular exercise
do moderate/strenuous/vigorous exercise
play football/hockey/tennis
go cycling/jogging/running
go to/visit/ (*especially NAmE*) hit/work out at the gym
strengthen/tone/train your stomach muscles
contract/relax /stretch/use/work your lower-body muscles
build (up)/gain muscle
improve/increase your stamina/energy levels/physical fitness
burn/consume/expend calories

Staying healthy

be/get/keep/stay healthy/in shape/ (*especially BrE*) fit
lower your cholesterol/blood pressure
boost/stimulate/strengthen your immune system
prevent/reduce the risk of heart disease/high blood pressure/diabetes/osteoporosis
reduce/relieve /manage /combat stress
enhance /promote relaxation/physical and mental well-being

Example Bank:

- America's economic weight
- Environmental considerations were given due weight in making the decision.
- He nervously shifted his weight from foot to foot.
- He threw his weight at the door and it burst open.
- He was buckling under the weight of his responsibilities.
- He's lost a lot of weight.
- Heavy weights should be lifted with a straight back.
- Her opinion seemed to carry little weight in the company.
- I should soon be down to my target weight of 70 kilos.
- I was worried that the branch wouldn't take my weight.
- I won't have any cake— I have to watch my weight.
- It is about 76 kilos in weight.
- Many buildings collapsed under the weight of rain-soaked ash and mud.
- Many buildings collapsed under the weight of the ash.
- People's body weight can fluctuate during the day.
- She did circuit training and lifted weights to build her fitness.
- She tried to be quiet, but the stairs creaked under her weight.
- Sir Leon lent his weight to the Tory campaign yesterday.
- Stand with your legs apart and your weight evenly distributed.
- The arch bears the weight of the bridge above.
- The boy was staggering beneath the weight of a pile of boxes.
- The doctor told me not to put my weight on this ankle for a month.
- The new evidence added considerable weight to the prosecution's case.
- The rebels were defeated by sheer weight of numbers.
- The sheer weight of visitors is destroying this tourist attraction.
- They attach too much weight to academic achievement
- With difficulty she managed to pull his dead weight onto the bed.
- babies with a low birth weight
- Don't put any weight on that ankle for at least a week.
- He's put on/gained weight since he gave up smoking.
- I just hoped the branch would take my weight.
- No more for me. I need to watch my weight.
- Sam has a weight problem.
- She is trying to lose weight.
- She misjudged the weight of the book.
- The president now has to lend his weight to the project.

Idioms: ↑put your weight behind something ▪ ↑take the weight off your feet ▪ ↑throw your weight about ▪ ↑weight of numbers

ATTACH HEAVY OBJECT

1. ~ **sth (down) (with sth)** to attach a weight to sth in order to keep it in the right position or make it heavier

- The fishing nets are weighted with lead.
- The body had been weighted down with stones.

GIVE IMPORTANCE

2. **usually passive ~ sth** to give different values to things to show how important you think each of them is compared with the others

- Each of these factors should be weighted according to their relative importance.
- The results of the survey were weighted to allow for variations in the sample.
- a **weighted vote** (= one that is worth more than a single vote)
- (NAme) a **weighted grade** (= given at school for a course that is more advanced or harder and so has a higher value)

Verb forms:

verb forms	
present simple	
I / you / we / they	weight
	BrE /wert/
	NAme /wert/
he / she / it	weights
	BrE /weɪts/
	NAme /weɪts/
past simple, past participle	weighted
	BrE /weɪtɪd/
	NAme /weɪtɪd/
-ing form	weighting
	BrE /weɪtɪŋ/
	NAme /weɪtɪŋ/

Word Origin:

Old English (ge)wiht, of Germanic origin; related to Dutch **wicht** and German **Gewicht**. The form of the word has been influenced by ↑weigh.

Example Bank:

- Each of these factors should be weighted according to their relative importance.
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weight

Longman DOCE 5th Ed. (En-En)

I. **weight**¹ **S1 W2** /wert/ BrE¹ AmE¹ **noun**

[**Word Family:** adjective: ↑overweight ≠ ↑underweight, ↑weighted, ↑weighty, ↑weightless; verb: ↑weigh, ↑outweigh, ↑weight; noun: ↑weight, weights, ↑weighting]

[**Language:** Old English; **Origin:** wiht]

1. **AMOUNT SOMEBODY/SOMETHING WEIGHS** [uncountable and countable] how heavy something is when you measure it:

" The average weight of a baby at birth is just over seven pounds.

in weight

" fish that are over two kilos in weight

by weight

" Fruit and vegetables are sold by weight.

2. **HOW FAT** [uncountable] how heavy and fat someone is:

" You shouldn't worry about your weight. ⇒ ↑overweight, ↑underweight

3. **HEAVINESS** [uncountable] the fact that something is heavy:

" The weight of her boots made it hard for Sue to run.

" I didn't know if the bridge would support our weight.

under the weight of something

" Karen staggered along under the weight of her backpack.

4. **HEAVY THING** [countable] something that is heavy:

" I can't lift heavy weights because of my bad back.

5. **WORRY** [singular] something that causes you a lot of worry because you have to deal with it

weight of

" She felt a great weight of responsibility.

" families who are crumbling under the weight of increasing debt

" Selling the house is a weight off my mind (=something that no longer causes a lot of worry)

6. **IMPORTANCE** [uncountable] if something has weight, it is important and influences people:

" She knew that her opinion carried very little weight.

give/add weight to something

" This scandal adds more weight to their arguments.

7. **AMOUNT weight of something** a large amount of something:

" The weight of evidence is that unemployment leads to all sorts of health problems.

" The weight of public opinion is behind the teachers.

" They won the battle by sheer weight of numbers (=very large numbers of people).

8. **FOR MEASURING QUANTITIES** [countable] a piece of metal that weighs an exact amount and is balanced against something

else to measure how much the other thing weighs

9.



FOR SPORT [countable] a piece of metal that weighs an exact amount and is lifted by people as a sport:

▪ I've been **lifting weights** since I was 18. ⇒ **↑weightlifting**

10. throw your weight about/around *informal* to use your position of authority to tell people what to do in an unpleasant and unreasonable way

11. throw your weight behind somebody/something to use all your power and influence to support someone or something:

▪ The US has thrown its weight behind the new leader.

12. pull your weight to do your full share of work:

▪ He accused me of not pulling my weight.

13. take the weight off your feet *informal* used to tell someone to sit down:

▪ Come in, take the weight off your feet.

⇒ **DEAD WEIGHT**

• • •

COLLOCATIONS (for Meaning 2)

■ verbs

▪ **put on weight** (*also gain weight formal*) He had put on weight since she last saw him.

▪ **lose/shed weight** She lost a lot of weight when she was ill.

▪ **watch your weight** (=try not to get fatter, by eating the correct foods) He has to watch his weight because he has a heart condition.

▪ **get/keep your weight down** (=become thinner or stay thin) How can I keep my weight down?

▪ **get/keep the weight off** (=become or stay thinner) I changed my eating habits so I'd keep the weight off.

■ weight + NOUN

▪ **a weight problem** (=a tendency to be too fat) I've always had a weight problem.

▪ **weight gain** The medication can cause rapid weight gain.

▪ **weight loss** After the first month, weight loss slows down.

■ adjectives

▪ **somebody's ideal weight** (=what someone should weigh, according to their height and body type) She weighs about 10lbs more than her ideal weight.

▪ **somebody's target weight** (=the weight someone is trying to be) I've reached my target weight.

▪ **excess weight** (=the pounds that make you heavier than you should be) You'll feel better if you lose the excess weight.

■ COMMON ERRORS

▶ Do not say '*lose your weight*'. Say **lose weight**.

Do not use 'weight' as a verb, for example by saying '*I weight 55 kilos*'. Say **I weigh 55 kilos**.

II. **weight**² *BrE* ¹ *AmE* ¹ *verb* [transitive]

[Word Family: adjective: **↑overweight** ≠ **↑underweight**, **↑weighted**, **↑weighty**, **↑weightless**; verb: **↑weigh**, **↑outweigh**, **↑weight**; noun:

↑weight, **weights**, **↑weighting**]

1. (*also weight down*) to fix a heavy object to something in order to keep it in place

weight something (down) with something

▪ The fishing nets are weighted down with lead.

2. to change something slightly so that you give more importance to particular ideas or people

weight something in favour of somebody/something

▪ a temptation to weight the report in favour of the option you want

weight

Freakuency Pack

12500 **1019**^{MCW}

15000 **764**^{COCA}

RANGE: **1k** **WEIGH** 61175

weigh 4599

weights 3629

weight 40292

weighs 2614

weighing 2981

weighed 4044

unweighed 0

weighted 1811

weighting 385

weightings 56
weightless 492
weightlessness 272

COCA 500k Unlemmatized

17993 **1006**⁴⁰¹³² *nn1*

78 **83568**⁸³ *vv0*

23 **153779**²⁶ *vvi*

17 **177326**²⁰ *nnu*

16 **198907**¹⁶ *jj*

6 **282575**⁹ *np1*

6 **340536**⁶ *cc*
