

**1. [slim] a**

- 1. тонкий, стройный  
 slim figure [leg, tree trunk] - стройная фигура [нога, -ое дерево]  
 this dress will make you appear slimmer - это платье будет вас худить
- 2. 1) незначительный, несущественный  
 a slim chance of recovery [of success] - малый шанс на выздоровление [на успех]  
 slim attendance - плохая посещаемость
- 2) неубедительный, шаткий  
 a slim excuse - шаткое оправдание, отговорка  
 upon the slimmest of evidence - по самым неубедительным показаниям; ≅ бездоказательно, необоснованно
- 3. хитрый, ловкий

**2. [slim] v**

- 1) = slenderize
- 2) спускать вес, стараться похудеть; сидеть на диете

**slim**

Oxford Advanced Learners Dictionary 8th Ed.

**slim** [slim slims slimmed slimming slimmer slimmest] **adjective, verb, noun** BrE

[slɪm] <sup>1</sup> NAmE [slɪm] <sup>2</sup>

**adjective** (slim·mer, slim·mest)

- 1. (approving) (of a person) thin, in a way that is attractive
  - a slim figure/body/waist
  - She was tall and slim.
  - How do you manage to stay so slim?
  - (figurative) Many companies are a lot slimmer than they used to be (= have fewer workers).
- 2. thinner than usual
  - a **slim volume** of poetry
- 3. not as big as you would like or expect

**Syn:** ↑small

- a **slim chance** of success
- The party was returned to power with a **slim majority** .

**see also** ↑slimmer, ↑slimming

Word Origin:

mid 17th cent.: from Low German or Dutch (from a base meaning 'slanting, cross, bad'), of Germanic origin.

Example Bank:

- Step exercises can help make you slim.
- dieters who get slim using these methods
- He put his arms around her slim waist.

Derived Word ↑slimness

Derived ↑slim down = ↑slim something down

**verb** (-mm-) **intransitive** (BrE) (usually used in the progressive tenses)

to try to become thinner, for example by eating less

**Syn:** ↑diet

- You can still eat breakfast when you are slimming.

**see also** ↑slimming

Verb forms:

verb forms	
present simple	
I / you / we /they	slim
	BrE /slɪm/
	NAmE /slɪm/
he / she /it	slims
	BrE /slɪmz/
	NAmE /slɪmz/
past simple, past participle	slimmed
	BrE /slɪmd/
	NAmE /slɪmd/
-ing form	slimming
	BrE /slɪmɪŋ/
	NAmE /slɪmɪŋ/

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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

#### noun uncountable

an African word for †AIDS

#### Word Origin:

mid 17th cent.: from Low German or Dutch (from a base meaning 'slanting, cross bad'), of Germanic origin.

## slim

Longman DOCE 5th Ed. (En-En)

### I. slim<sup>1</sup> S3 /slɪm/ BrE <sup>ˈ</sup> AmE <sup>ˈ</sup> adjective (comparative **slimmer**, superlative **slimmest**)

[Date: 1600-1700; Language: Dutch; Origin: 'bad, of low quality']

1. someone who is slim is attractively thin **SYN slender**:

- a slim young woman
- a slim waist

2. very small in amount or number **SYN slender**:

- There's only a slim chance that anyone survived the crash.
- The Republicans held a slim majority in the Senate.

3. not wide or thick **SYN thin**:

- a slim volume of poetry

### II. slim<sup>2</sup> BrE <sup>ˈ</sup> AmE <sup>ˈ</sup> verb (past tense and past participle **slimmed**, present participle **slimming**)

[intransitive] **British English** to make yourself thinner by eating less, taking a lot of exercise etc ⇒ **diet**

—**slimmer** noun [countable]

**slim down** phrasal verb

1. to reduce the size or number of something, or to become reduced in size or number

**slim something ↔ down**

- The company is trying to slim down its workforce.

**slim down to**

- The Cabinet has been slimmed down to 16 members.

2. to make your body thinner, or to become thinner, especially in order to be healthier or more attractive

**slim something ↔ down**

- How can I slim down my hips?

slim down to

" She slimmed down to a healthy 61 kilos.

—slimmed-down *adjective*

## slim

Freakuency Pack

12500 **5038**<sup>MCW</sup>

15000 **3785**<sup>COCA</sup>

RANGE: **3k** **SLIM** 5503

slim 4627

slimmed 96

slims 161

slimming 165

slimmings 0

slimmer 352

slimmers 0

slimmest 74

slimly 4

slimness 24

COCA 500k Unlemmatized

3372 **7796**<sup>4359</sup> *jj*

141 **61362**<sup>151</sup> *vvi*

86 **69946**<sup>117</sup> *vv0*