

overweight**1.** [ˈəʊvəweɪt] *n*

1. излишек веса; избыточный вес
2. слишком большой вес
an overweight of care - груз забот, бремя обязанностей/ответственности

2. [ˌəʊvəˈweɪt] *a*

- 1) весящий больше нормы; тяжелее обычного
overweight luggage - оплачиваемый излишек багажа
- 2) грузный (о человеке)
to be overweight - страдать ожирением
the boy is overweight for his age and height - у мальчика ненормально большой вес для его возраста и роста

3. [ˌəʊvəˈweɪt] *v*

1. *преим. р. р.* перегружать, обременять
overweighted with packages - нагруженный свёртками
2. придавать слишком большое значение, излишне акцентировать *и т. п.*

overweight

Oxford Advanced Learners Dictionary 8th Ed.

over-weight [overweight] *BrE* [ˌəʊvəˈweɪt] ¹ *NAmE* [ˌoʊvərˈweɪt] ² **adjective**

1. (of people) too heavy and fat
 - She was only a few pounds overweight
 - A number of medical conditions are due to being overweight

Opp: ↑underweight

2. above an allowed weight

- overweight baggage

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:

- You don't look overweight

overweight

overweight /,əʊvə'weɪt/ \$,oʊvər-/ *BrE* " *AmE* " *adjective*

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

1. someone who is overweight is too heavy and fat ⇒ **underweight**

10 kilos/20 pounds etc **overweight**

" Sally was 50 pounds overweight.

" He is slightly overweight.

2. something such as a package that is overweight weighs more than it is supposed to weigh ⇒ **underweight** :

" My luggage was overweight by five kilos.

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COLLOCATIONS**adverbs**

▪ **slightly overweight / a little overweight** (*also a bit overweight*) He was tall and slightly overweight. | He's a bit overweight, not too much.

▪ **seriously/heavily overweight** (=very overweight) Being seriously overweight doubles the risk of heart disease.

▪ **grossly overweight** *disapproving* (=extremely overweight) The vet said the dog was grossly overweight and that it was affecting his heart.

▪ **be 5 kilos/20 pounds etc overweight** I'm about 15 pounds overweight right now.

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THESAURUS

▪ **fat** having too much flesh on your body. It is rude to tell someone that they are fat. It is also better not to use any of these words when talking directly to someone about their body: She thinks she's fat. | He looks the same, just a little fatter.

▪ **overweight** weighing more than you should: Many medical conditions are caused by being overweight. | She was several kilos overweight.

▪ **big/large** used when saying that someone has a big body. **Large** is more common than **big** in written English: My father was a big man. | two large ladies

▪ **obese** extremely fat in a way that is dangerous to your health: He went to a summer camp for obese teenagers.

▪ **chubby** slightly fat in a nice-looking way – used especially about babies and children: A chubby little baby was playing on the rug.

▪ **plump** a woman or child who is plump is slightly fat, especially in a pleasant way: Her mother was a plump cheerful woman.

▪ **flabby** having soft loose skin that looks unattractive: a flabby stomach | Her body was getting old and flabby.

▪ **portly** *literary* fat and round – used especially about fairly old men: The bishop was a portly middle-aged gentleman.

overweight

Frequency Pack

12500 **6588**^{MCW}

15000 **4933**^{COCA}

RANGE: **6k** OVERWEIGHT ³¹⁹⁵

overweight ³¹⁹⁵

COCA 500k Unlemmatized

¹⁷⁹⁵ **9734**³¹⁸⁸ *jj*

⁷ **319440**⁷ *vv0*