

jogging['dʒɒɡɪŋ] *n спорт.*

разминочная пробежка, бег трусцой

Oxford Advanced Learners Dictionary 8th Ed.

jogging**jog·ging** [ˈdʒɒɡɪŋ] *BrE* ['dʒɒɡɪŋ] *AmE* ['dʒɑːɡɪŋ] **noun**

uncountable



the activity of running slowly and steadily as a form of exercise

- to go jogging

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:

- He decided to take up jogging.
- I need some new jogging shoes.

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the activity of running slowly and steadily as a way of exercising

Longman DOCE 5th Ed. (En-En)

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