

stamina

I

['stæmɪnə] *n pl употр. с гл. в ед. ч.*(жизненные) силы, жизнеспособность, стойкость; сопротивляемость (*организма*); выносливость

moral stamina - моральная стойкость

to lack stamina - быть слабым /невыносливым/; иметь слабую сопротивляемость (*организма*)

II

['stæmɪnə] *pl om stamen***stamina**

Oxford Advanced Learners Dictionary 8th Ed.

stam-ina *BrE* ['stæmɪnə] [ⓘ] *NAmE* ['stæmɪnə] [ⓘ] **noun uncountable**

the physical or mental strength that enables you to do sth difficult for long periods of time

- It takes a lot of stamina to run a marathon.
- exercises aimed at increasing stamina

Word Origin:[**stamina**] late 17th cent. (in the sense 'rudiments, essential elements of something'): from Latin, plural of †**stamen** in the sense '**threads spun by the Fates**'.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:

- Emma Walton had to call on all her reserves of stamina to win the 10 000 metres.
- Final exams at college can be as much a test of stamina as of knowledge.
- He is working to improve his strength and stamina.
- She didn't the stamina to complete the course.
- Waley had to call on all her reserves of stamina to win the marathon.
- These exercises are aimed at increasing stamina.

stamina

stam **ɪ** **n** **ə** /'stæməneɪ, 'stæmɪnə/ *BrE* ^ˈ *AmE* ^ˈ *noun* [uncountable]

[Date: 1700-1800; Language: Latin; Origin: plural of stamen 'thread, thread of life'; ⇔ ↑stamen]

physical or mental strength that lets you continue doing something for a long time without getting tired:

- You need stamina to be a long-distance runner.
- Elaine has the stamina and the determination to succeed.

stamina

Freakuency Pack

12500 **7736**^{MCW}

15000 **8722**^{COCA}

RANGE: **6k** STAMINA ⁹⁵³

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