

gym
gym [gym gyms] *BrE* [dʒɪm] ^m *NAmE* [dʒɪm] ^m **noun** (informal)

- 1.** (also formal **gym·na·sium**) **countable** a room or hall with equipment for doing physical exercise, for example in a school
 - to play basketball in the gym
 - The school has recently built a new gym.
- 2.** **uncountable** physical exercises done in a **gym**, especially at school
 - I don't enjoy gym.
 - gym shoes
- 3.** **countable** = ↑**health club**
 - I just joined a gym.
 - I work out at the gym most days.

See also: ↑**gymnasium**

Word Origin:

late 19th cent.: abbreviation

Culture:

sport and fitness

The British are very fond of sport, but many people prefer to watch rather than take part. Many go to watch ↑**football**, ↑**cricket**, etc. at the ground, but many more sit at home and watch sport on television.

Most people today take relatively little general **exercise**. Over the last 30 or 40 years **lifestyles** have changed considerably and many people now travel even the shortest distances by car or bus. Lack of exercise combined with eating too many **fatty** and sugary foods has meant that many people are becoming too fat. Experts are particularly concerned that children spend a lot of their free time watching television or playing computer games instead of being physically active. In recent years, however, there has been a growing interest in **fitness** among young adults and many belong to a **sports club** or **gym**.

In Britain most towns have an amateur football and cricket team, and people also have opportunities to play sports such as tennis and ↑**golf**. Older people may play ↑**bowls**. Some people go regularly to a **sports centre** or **leisure centre** where there are **facilities** for playing **badminton** and **squash**, and also a swimming pool. Some sports centres arrange classes in **aerobics**, **step** and **keep-fit**. Some people **work out** (= train hard) regularly at a local gym and do **weight training** and **circuit training**. A few people do judo or other **martial arts**. Others **go running** or **jogging** in their local area. For enthusiastic runners there are opportunities to take part in long-distance runs, such as the ↑**London marathon**. Other people keep themselves fit by walking or **cycling**. Many people go abroad on a **skiing** holiday each year and there are several dry slopes and snowdomes in Britain where they can practise.

Membership of a sports club or gym can be expensive and not everyone can afford the **subscription**. Local sports centres are generally cheaper. **Evening classes** are also cheap and offer a wide variety of fitness activities ranging from yoga to jazz dancing. Some companies now provide sports **facilities** for their employees or contribute to the cost of joining a gym.

Sports play an important part in American life. Professional ↑**baseball** and football games attract large crowds, and many people watch games on television. Although many parents complain about their children being **couch potatoes** (= people who spend a lot of time watching television), there are sports sessions at school for all ages. College students are usually also required to take physical education classes to complete their studies.

Many popular keep-fit activities began in the US. Charles **Atlas**, Arnold Schwarzenegger and others inspired people to take up **bodybuilding** (= strengthening and shaping the muscles). Many women joined the 'fitness craze' as a result of **video workouts** produced by stars such as Jane Fonda and Cindy Crawford which they could watch and take part in at home. New **fitness** books are continually being published and these create fashions for new types of exercise, such as **wave aerobics**, which is done in a swimming pool, and **cardio kick-boxing**, a form of **aerobics** which involves **punching** and kicking a **punchbag**. Many richer people employ their own **personal trainer**, either at home or at a **fitness centre**, to direct their exercise programme. Local ↑**YMCA**s offer programmes which include aerobics, gym, running, weights, **treadmills** and rowing machines, as well as steam rooms and swimming. But many people just walk or jog in the local park or play informal games of baseball or football.

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:

- I hit the gym at 6.00 again this morning.
- I joined the local gym.
- I played basketball in gym class.
- She spends all her time in the gym.
- You can tell he works out at the gym.
- a high-school gym teacher

gym

Longman DOCE 5th Ed. (En-En)

gym /dʒɪm/ BrE ^ˈ AmE ^ˈ noun

[Date: 1800-1900; Origin: gymnasium]

1. [countable] a special building or room that has equipment for doing physical exercise **SYN** **gymnasium**

at/in a gym

- I try and work out at the local gym once a week.
- I go to the gym as often as I can.

2. [uncountable] exercises that people do indoors for physical development and as a sport, especially at school:

- We've got gym this afternoon.
- Where's my gym kit?

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THESAURUS

places where people do sport

- **field** (also **pitch** *British English*) a large area of ground, usually covered with grass, where team sports are played: A few kids were playing on the football field. | a hockey field
- **stadium** a large sports field with seats all around it for people to watch team sports or track and field competitions: The atmosphere in the Olympic Stadium was amazing. | a football stadium
- **ground** *British English* a sports field and the seats and buildings around it, belonging to a particular football, rugby, or cricket team: I met my friends inside the ground.
- **ballpark/park** *American English* a stadium where baseball is played: Busch Stadium is one of the newest ballparks in Major League.
- **court** an area with lines painted on the ground, for tennis, badminton, basketball, or volleyball: The hotel has four tennis courts and a volleyball court.
- **diamond** the area in a baseball field that is within the shape formed by the four bases. The **diamond** can also be the whole field: The pitcher stands in the middle of the diamond. | There's a playground, a picnic area, and a baseball diamond.
- **track** a circular path with lines on it, for running on: In the relay, each runner runs once around the track.
- **gym** a room with machines which you can use to do exercises: He spends an hour in the gym every day.
- **pool/swimming pool** a place where you can swim: He jumped into the deep end of the pool. | I'll meet you outside the swimming pool.
- **sports centre** *British English*, **sports center** *American English* a building where you can play many types of indoor sports: Why not do exercise classes at your local sports centre?
- **health club** a small sports centre, where you pay to be a member: How much does it cost to join a health club?

gym

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