

fitness[ˈfɪtnɪs] *n*

1. 1) (при)годность, соответствие
fitness for military service - годность к военной службе
the (eternal) fitness of things - нормальный /надлежащий/ порядок вещей
- 2) приспособленность, способность, подготовленность
fitness to do /for doing/ smth. - способность делать что-л.; подготовленность к чему-л.
- 3) уместность
2. выносливость, натренированность

fitness

Oxford Advanced Learners Dictionary 8th Ed.

fit·ness [fitness fitnesses] *BrE* [ˈfɪtnəs] ^m *NAmE* [ˈfɪtnəs] ^m **noun uncountable**

1. the state of being physically healthy and strong
 - a magazine on health and fitness
 - a **fitness instructor/class/test**
 - a high level of physical fitness
2. the state of being suitable or good enough for sth
 - ~ **for sth** He convinced us of his fitness for the task.
 - ~ **to do sth** There were doubts about her fitness to hold office.

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:

- A special trainer has been brought in to work on the tennis player's fitness.
- First, determine your present fitness level.
- He has attained peak fitness this season.
- Hendry is back to match fitness and is expected to play.
- Regular exercise helps to maintain physical fitness.
- She's a bit of a fitness freak. She goes running every night.
- Skiing offers many fitness benefits.
- The coach has given him a week to prove his fitness.
- Tomkins is back to match fitness and is expected to play in the final.
- Walking is good for health and fitness.
- You need a good level of physical fitness for this sport.
- a fitness centre with gymnasium and squash courts
- He always reads magazines on health and fitness.
- She has a good level of physical fitness.
- a fitness instructor

fitness

Longman DOCE 5th Ed. (En-En)

fit.nɛs /'fɪtnəs, 'fɪtnɪs/ *BrE* ^ɪ *AmE* ^ɪ **noun** [uncountable]

[Word Family: **noun**: ↑fit, ↑fitting, ↑fitness, ↑fitter, ↑misfit; **adjective**: ↑fitted, ↑fitting, ↑fit ≠ ↑unfit; **verb**: fit; **adverb**: fittingly]

1. when you are healthy and strong enough to do hard work or play sports:

- an exercise programme to improve your fitness
- Running marathons requires a high level of physical fitness.

2. the degree to which someone or something is suitable or good enough for a particular situation or purpose

fitness for

- He questioned McNeil's fitness for high office.

fitness to do something

- The doctor will first determine your fitness to receive the anaesthetic.

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COLLOCATIONS

verbs

- **improve your fitness** You can improve your fitness by going for a daily run.
- **increase your fitness** Aerobic exercise, such as jogging or cycling, will increase your fitness.
- **work on your fitness** (=try to improve your fitness) He's working on his fitness in preparation for the New York marathon.
- **maintain your fitness** (=keep your body at a good level of fitness) She worked hard to maintain her fitness while pregnant.

adjectives

- **physical fitness** (=how healthy your body is) You need a reasonable level of physical fitness for this job.
- **general fitness** Swimming is good for your mobility and general fitness.
- **personal fitness** The gym offers personal fitness training by professionals.

fitness + NOUN

- **fitness levels** His fitness levels are as good as someone much younger.
- **a fitness programme** *British English*, **a fitness program** *AmE*: Get working on a fitness programme to suit you.
- **fitness training** The players have to do a lot of fitness training.
- **a fitness instructor** He was offered work as a fitness instructor.

- **a fitness room** Other facilities in the hotel include a fitness room and a sauna.
- **fitness equipment** We sell a range of exercise and fitness equipment for the home.
- **a fitness fanatic** *informal* (=someone who likes exercising a lot) My son's something of a fitness fanatic, and works out every day.
- **a fitness test** (=an examination to see if a sports player is fully fit) Chris Pike is facing a fitness test before tomorrow's match.

phrases

- **health and fitness** books about health and fitness

fitness

Freakuency Pack

12500 **4320**^{MCW}

15000 **834**^{COCA}

RANGE: **1k** **FIT** 55930

fit 30548

fitness 9724

fits 5950

fitted 3138

fitter 275

fittest 305

fitting 4010

fittings 751

fittingly 309

unfit 920

COCA 500k Unlemmatized

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⁸ **277966**⁹ *np1*