

lifestyle[ˈlaɪfstɑɪl] *n*

образ или уклад жизни (отдельного человека или семьи)

Oxford Advanced Learners Dictionary 8th Ed.

lifestyle**life-style** [lifestyle lifestyles] *BrE* [ˈlaɪfstɑɪl] ^ˈ *NAmE* [ˈlaɪfstɑɪl] ^ˈ **noun**

countable, uncountable

the way in which a person or a group of people lives and works

- a **comfortable/healthy/lavish, etc. lifestyle**
- It was a big change in lifestyle when we moved to the country.
- the lifestyle section of the newspaper (= the part which deals with clothes, furniture, hobbies, etc.)

Example Bank:

- She's trying to balance an alternative lifestyle with her desire for a career.
- The increase in obesity is a result of poor diet and a sedentary lifestyle.
- They enjoy a very comfortable lifestyle.
- We want them to adopt a healthier lifestyle.
- I read about it in the lifestyle section of the newspaper.
- Many people are trying to adopt a healthy lifestyle these days.
- She has had to curb her lavish lifestyle after losing millions in legal fees.

lifestyle

Longman DOCE 5th Ed. (En-En)

life style /ˈlaɪfstɑɪl/ *BrE* ^ˈ *AmE* ^ˈ **noun** [countable]

the way a person or group of people live, including the place they live in, the things they own, the kind of job they do, and the activities they enjoy:

ˈ Regular exercise is part of a healthy lifestyle.

lavish/comfortable/simple etc lifestyle

ˈ They lead an extremely lavish lifestyle.

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COLLOCATIONS■ **adjectives**

- a **healthy lifestyle** A healthy lifestyle includes taking exercise and not smoking.
- an **active lifestyle** (=in which you exercise) An active lifestyle has many health benefits.
- a **sedentary lifestyle** (=in which you sit down a lot and do not exercise much) A sedentary lifestyle can cause certain health problems.
- a **lavish/extravagant lifestyle** (=in which you buy or do expensive things) How can he afford such a lavish lifestyle?
- a **comfortable lifestyle** (=in which you have enough money to buy things you want) He enjoyed a comfortable lifestyle in his retirement.
- a **simple lifestyle** (=in which you do not have too many possessions or modern machines) He admired the simple lifestyle of the islanders.
- an **alternative lifestyle** (=one that is different from most people's) Is choosing to be green really an alternative lifestyle?
- a **busy/hectic lifestyle** Many people these days have a busy lifestyle.
- a **stressful lifestyle** A stressful lifestyle may lead to a number of medical problems.

■ **verbs**

- **have a healthy/simple etc lifestyle** We had very different lifestyles.
- **change your lifestyle** You can help prevent heart disease by changing your lifestyle.
- **maintain your lifestyle** (=keep your lifestyle as it is) You cannot maintain this lifestyle on your income.
- **lead a healthy/simple etc lifestyle** (=live in a particular way) You can change your eating habits and lead a healthier lifestyle.
- **live a healthy/simple etc lifestyle** I had enough money to live a lavish lifestyle.

■ **lifestyle + NOUN**

- a **lifestyle change** There are many ways in which we can save energy without making dramatic lifestyle changes.
- a **lifestyle choice** (=a choice about how you live) We can significantly reduce our risks of getting certain diseases through lifestyle choices.

lifestyle

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