

obese

[əʊ'bi:s] *a*
 тучный, страдающий ожирением; полный
 she was stout, not obese - она была полная, но не тучная

Oxford Advanced Learners Dictionary 8th Ed.

obese

obese *BrE* [əʊ'biːs] *NAmE* [oʊ'biːs] *adjective* (formal or medical)

(of people) very fat, in a way that is not healthy

- Obese patients are given dietary advice.
- She is grossly obese.

Derived Word ↑obesity

Word Origin:

[**obese obesity**] mid 17th cent.: from Latin **obesus** 'having eaten until fat', from **ob-** 'away, completely' + **esus** (past participle of **edere** 'eat').

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

obese

Longman DOCE 5th Ed. (En-En)

obese /əʊ'biːs/ *BrE* *AmE* *adjective*

[Date: 1600-1700; Language: Latin; Origin: obesus, past participle of obedere 'to eat up']

very fat in a way that is unhealthy

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THESAURUS

- **fat** having too much flesh on your body. It is rude to tell someone that they are fat. It is also better not to use any of these words when talking directly to someone about their body: She thinks she's fat. | He looks the same, just a little fatter.
- **overweight** weighing more than you should: Many medical conditions are caused by being overweight. | She was several kilos overweight.
- **big/large** used when saying that someone has a big body. **Large** is more common than **big** in written English: My father was a big man. | two large ladies

- **obese** extremely fat in a way that is dangerous to your health: He went to a summer camp for obese teenagers.
- **chubby** slightly fat in a nice-looking way – used especially about babies and children: A chubby little baby was playing on the rug.
- **plump** a woman or child who is plump is slightly fat, especially in a pleasant way: Her mother was a plump cheerful woman.
- **flabby** having soft loose skin that looks unattractive: a flabby stomach | Her body was getting old and flabby.
- **portly** *literary* fat and round – used especially about fairly old men: The bishop was a portly middle-aged gentleman.

obese

Freakuency Pack

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766 **15716**¹⁵⁸³ *jj*
