

3 Fit as a fiddle

Glossary

Page 29

- 3.1 fit as a fiddle** (expr) /fɪt əz ə 'fɪdl/
very fit and healthy • *Grandma walks five miles every day, so she's as fit as a fiddle.*
❖ в добром здравии

Reading Pages 30–31

- 3.2 set a goal** (expr) /set ə ɡəʊl/
to decide on an aim • *Kate set herself a goal of learning Chinese in two years so she could go to China.* ❖ поставить цель
- 3.3 social networking** (n) /'səʊʃl 'netwɜːkɪŋ/
the act of socialising with different groups of people • *The internet is the most popular way of social networking between people of common interests.* ❖ социальные контакты
- 3.4 centenarian** (n) /,sentɪ'neəriən/
sb who is 100 years old or more • *My great-grandma was born in 1918, so she became a centenarian in 2018.* ❖ долгожитель
- 3.5 elderly** (adj) /'eldəli/
old (polite term) • *His great-grandfather is an elderly man but he still lives alone.*
➢ elders (n pl) ❖ преклонного возраста
- 3.6 well** (adv) /wel/
very much; used to emphasise some prepositions • *My mum was well into her twenties when she met my dad.* ❖ хорошо
- 3.7 life expectancy** (n) /laɪf ɪks'pektənsi/
the length of time that a person is likely to live • *In the West, women have a longer life expectancy than men.* ❖ ожидаемая продолжительность жизни
- 3.8 elsewhere** (adv) /,els'weə(r)/
somewhere else; in another place • *Anais couldn't afford a flat near the university, so she had to rent one elsewhere.* ❖ в другом месте
- 3.9 unlike** (prep) /,ʌn'laɪk/
in contrast to • *Unlike Anna, Ben doesn't play any musical instruments.* ❖ в отличие от
📖 Opp: like
- 3.10 in moderation** (expr) /ɪn mɒdə'reɪʃn/
If you do sth in moderation, you do not do it too much. • *Drinking coffee in moderation won't do you any harm.* ❖ умеренно

- 3.11 saying** (n) /seɪɪŋ/
a sentence that many people use, which expresses sth a lot of people believe is true
• *'Money makes the world go round' is an old saying.* ❖ пословица
- 3.12 factor** (n) /'fæktə(r)/
sth that affects sth else • *One factor in the collapse of the Minoan civilisation is thought to have been a tsunami.* ❖ фактор
- 3.13 culture** (n) /'kʌltʃə(r)/
the beliefs, art and way of life of a civilisation
• *When I went to Milan, I learnt a lot about Italian art and culture.* ➢ cultural (adj)
❖ культура
- 3.14 throughout** (prep) /θruː'auʃt/
during the whole of • *It rained heavily throughout the day.* ❖ весь
- 3.15 (be) worth** (expr) /'(biː) wɜːθ/
be enjoyable or useful to have • *Life is worth living when you are healthy and happy.*
❖ стоит того
- 3.16 peninsula** (n) /pə'nɪnsjələ/
a piece of land that is mostly surrounded by water but is joined to a larger area of land
• *The Scandinavian peninsula is the largest in Europe.* ❖ полуостров
- 3.17 purpose** (n) /'pɜːpəs/
aim • *His purpose is to get a good job in teaching.* ❖ цель
- 3.18 generation** (n) /,dʒenə'reɪʃn/
all the people that were born at about the same time • *The younger generation don't seem to be interested in the country's history.*
❖ поколение
- 3.19 provide** (v) /prə'vaɪd/
to give • *The sun could provide us with a lot more energy.* ➢ provision, provider (n)
❖ обеспечивать
- 3.20 agriculture** (n) /'ægrɪkʌltʃə(r)/
farming • *Our country depends on income from agriculture and tourism.* ➢ agricultural (adj) ❖ сельское хозяйство
- 3.21 squash** (n) /skwɒʃ/
a type of vegetable with solid yellow flesh and a hard skin • *Fried squash is a delicious dish.*
❖ тыква
- 3.22 crop** (n) /krɒp/
a plant grown as food • *There was no rain, so the crops in the field died.* ❖ урожай

- 3.23** **make up** (phr v) /meɪk ʌp/
to form • *The research team was made up of students from the biology course.* ❖ состоять из
- 3.24** **well-balanced** (adj) /wel-'bælənst/
a diet that has all the different kinds of food you need to be healthy • *She has a well-balanced diet with plenty of fish, chicken, fruit and vegetables.* ❖ сбалансированный
- 3.25** **calcium** (n) /'kælsiəm/
a soft white metal which is a chemical element in bones and teeth • *Nuts and green vegetables, as well as dairy products, are a good source of calcium.* ❖ кальций
- 3.26** **strengthen** (v) /'streŋkən/
to make sth stronger • *Doing exercise like walking and weight lifting can strengthen your bones.* > strength (n), strong (adj)
❖ усиливать
- 3.27** **contribute (to)** (v) /kən'trɪbjʊt (tu:)/
be one of the causes of an event or situation • *Eating well and exercising contribute to a long life.* > contribution (n) ❖ вносить вклад
- 3.28** **disease** (n) /dɪz'i:z/
an illness • *Many diseases of the past can now be cured.* ❖ заболевание
- 3.29** **lie** (v) /laɪ/
be located in a particular place • *The small fishing village lies on the south coast of the island.* ❖ лежать
- 3.30** **homegrown** (adj) /,həʊm'grəʊn/
grown in your own garden or land • *I prefer eating small tasty homegrown strawberries to the huge tasteless ones from the supermarket.* ❖ домашний
- 3.31** **leafy** (adj) /'li:fi/
with a lot of leaves • *The meal included a salad of leafy green vegetables.* > leaf (n)
❖ густолиственный
- 3.32** **herb** (n) /hɜ:b/
a plant used to make tea or in cooking to add flavour • *The chef's favourite herb is oregano and he uses it in many dishes.* > herbal (adj)
❖ трава
- 3.33** **prevent** (v) /prɪ'vent/
stop from happening • *Many paintings are kept in dark rooms to prevent the colours from being destroyed.* > prevention (n), preventable (adj) ❖ предотвращать
- 3.34** **staples** (n pl) /'steɪplz/
basic food • *Everyday staples, such as bread, are an important part of European diets.* ❖ основной продукт
- 3.35** **go a long way** (expr) /gəʊ ə lɔŋ weɪ/
to help a lot (to achieve sth) • *Even half an hour of daily exercise will go a long way to keep you in shape.* ❖ иметь большое значение

- 3.36** **mentally** (adv) /'mentli/
to do with the mind • *Studying for so many hours is mentally exhausting.* > mental (adj)
❖ психически
- 3.37** **physically** (adv) /'fɪzɪkli/
to do with the body • *If you take up a sport, you will feel better physically.* > physical (adj)
❖ физически
- 3.38** **element** (n) /'elɪmənt/
substance that consists of atoms of only one type • *Oxygen is an element in air that is essential for our survival.* ❖ элемент
- 3.39** **resource** (n) /rɪ'zɔ:s/
sth such as land, water, oil or coal that exists in a country and can be used to increase its wealth • *What will humans do when the Earth's resources run out?* ❖ ресурс

Vocabulary Page 32

- 3.40** **fitness** (n) /'fɪtnɪs/
the condition of being strong and healthy • *People can achieve fitness if they exercise and eat the right food.* > fit (adj) ❖ хорошая физическая форма
- 3.41** **operation** (n) /ɒpə'reɪʃn/
the process of cutting into sb's body to repair it or remove a part that is damaged • *Nick had a heart operation and he stayed in hospital for two weeks.* > operate (v) ❖ операция
- 3.42** **recover** (v) /rɪ'kʌvə(r)/
to get better from an illness • *Grandpa has recovered from his bad cold and now he feels as fit as a fiddle.* > recovery (n)
❖ восстанавливаться
- 3.43** **injury** (n) /ɪndʒəri/
damage to part of a person's or an animal's body caused by an accident or attack • *She fell off her motorbike, but luckily her injuries weren't serious.* > injure (v) ❖ рана
- 3.44** **treat** (v) /tri:t/
try to make a sick person better by using medicine, hospital care, etc. • *Don't worry. The doctor will treat that burn.* > treatment (n)
❖ лечить
- 3.45** **symptom** (n) /'sɪmptəm/
a sign of an illness • *Apart from a high temperature, she had no other flu symptoms.* ❖ симптом
- 3.46** **patient** (n) /'peɪʃnt/
sb who is ill and receiving medical care (in hospital) • *The doctor gave the patient some medicine.* ❖ пациент

- 3.47 emergency** (n) /ɪ'mɜːdʒənsi/
a situation where someone needs taking to hospital; a serious situation that sb must deal with immediately • *When he broke his leg, he went to hospital as a medical emergency.*
> emergency (adj) ❖ чрезвычайная ситуация
- 3.48 judge** (n) /dʒʌdʒ/
sb who decides a punishment in court
• *The judge listened carefully to the arguments before making a decision.* > judge (v), judgement (n) ❖ судья
- 3.49 ache** (n) /eɪk/
a pain that lasts a long time • *After falling off her horse, she had aches and pains for days, but no broken bones.* > ache (v)
❖ хронические боли
- 3.50 instructor** (n) /ɪn'strʌktə(r)/
a trainer, sb who teaches you a sport • *Laura wants to take driving lessons, so she's looking for a good instructor.* > instruct (v), instruction (n) ❖ инструктор
- 3.51 pose** (n) /pəʊz/
a position of the body • *Yoga poses that involve standing on one leg help develop a good sense of balance.* > pose (v) ❖ поза
- 3.52 toxin** (n) /'tɒksɪn/
a poisonous substance • *The city air is full of toxins produced from fossil fuels.* > toxic (adj)
❖ токсин
- 3.53 criminal** (n) /'krɪmɪnəl/
sb who breaks the law • *The police are looking for two criminals who have robbed five banks in the area.* > crime (n) ❖ преступник
- 3.54 prison** (n) /'prɪzn/
a building where criminals are sent to live as a punishment • *The bank robbers were caught and sent to prison.* > prisoner, imprisonment (n), imprison (v) ❖ тюрьма
📖 Syn: jail
- 3.55 lifestyle** (n) /'laɪfstɑɪl/
the way that you choose to live • *People in central Africa have a different lifestyle from others in the south because the weather is much hotter.* ❖ стиль жизни
- 3.56 unwell** (adj) /ʌn'wel/
ill; not well • *He was feeling unwell, so he stayed in bed.* ❖ дурно
- 3.57 pill** (n) /pɪl/
a small round piece of medicine which you swallow • *If you have a headache, try taking a pill.* ❖ таблетка 📖 Syn: tablet
- 3.58 flu** (n) /fluː/
an illness that makes you feel tired and weak, makes you cough and gives you a sore throat
• *If you've got the flu, you should stay in bed.*
❖ простуда 📖 NB: flu is an abbreviation of influenza

People

centenarian	judge	patient
criminal	instructor	

Grammar Page 33

- 3.59 decade** (n) /'dekeɪd/
a period of ten years • *He lived there for a decade from 2010 to 2020.* ❖ десятилетие
- 3.60 pot** (n) /pɒt/
a container that you make tea in • *Is there any more tea in the pot?* ❖ горшок 📖 Syn: teapot
- 3.61 session** (n) /'seʃn/
a period of time set for a particular activity
• *He signed up for weekly yoga sessions at the gym.* ❖ сеанс
- 3.62 lately** (adv) /'leɪtli/
recently • *I haven't seen George lately. The last time we spoke was a year ago.*
❖ недавно
- 3.63 under the weather** (expr) /'ʌndə ðə 'weðə(r)/
ill; not feeling very well • *Ever since he caught a cold, he's been feeling under the weather.*
❖ нездоровый
- 3.64 weight** (n) /weɪt/
the measure of how heavy sb/sth is • *I've put on some weight since I stopped jogging every day.* > weigh (v) ❖ вес

Listening Page 34

- 3.65 overweight** (adj) /,əʊvə'weɪt/
too heavy • *The man is over 100 kg. He's overweight.* ❖ излишний вес
📖 Opp: underweight
- 3.66 break a (bad) habit** (expr) /breɪk ə (bæd) 'hæbɪt/
to stop doing sth which is bad for you
• *I want to stop biting my nails, but I can't break this bad habit.* ❖ избавиться от (плохой) привычки
- 3.67 burn calories** (expr) /bɜːn 'kæləriːz/
to use energy by exercising • *Let's run another kilometre and burn some more calories.*
❖ сжигать калории
- 3.68 calorie** (n) /'kæləri/
a unit for measuring the amount of energy we get from food • *An apple has fewer calories than a bar of chocolate.* ❖ калория

- 3.69 average** (adj) /'ævrɪdʒ/
calculated by adding several amounts together and then dividing the total by the number of amounts • *The average amount of calories a man should consume is 2,500 a day.*
> average (n) ❖ средний
- 3.70 nowadays** (adv) /'naʊədəɪz/
today, these days • *Nowadays, we can keep in touch with family all over the world on our computers.* ❖ в наши дни
- 3.71 sick building syndrome** (n) /,sɪk 'bɪldɪŋ sɪndrəʊm/
a set of symptoms, like headaches and sore eyes, that affect people working in a building where the conditions make them feel tired
• *People working in huge factories or stores with no windows often suffer from sick building syndrome due to lack of fresh air.* ❖ синдром вредного помещения
- 3.72 cough** (n) /kɒf/
the act of forcing air from your lungs in a way that makes a sound • *I've had an annoying cough all day, but no other cold symptoms.*
> cough (v) ❖ кашель
- 3.73 tiredness** (n) /'taɪədneɪs/
the feeling of being tired • *He was studying for hours until his tiredness prevented him from doing any more.* > tired (adj) ❖ усталость
- 3.74 damp** (adj) /dæmp/
slightly wet • *She's just washed her hair, so it's still a bit damp.* > dampen (v), dampness (n)
❖ влажный
- 3.75 polluted** (adj) /pə'ljuːtɪd/
dirty and not safe to use • *The lake is too polluted to swim in.* > pollute (v), pollution (n)
❖ загрязненный
- 3.76 awareness** (n) /ə'weənəs/
interest and understanding the importance of sth • *The article was written to raise people's awareness about the dangers of sharing personal information online.* > aware (adj)
❖ внимание
- 3.77 quality** (n) /'kwɒləti/
how good or bad sth is • *The quality of homegrown vegetables is much better than the ones from the supermarket.* ❖ качество
- 3.78 lighting** (n) /'laɪtɪŋ/
lights that light a room, a building or a street
• *The lighting in the shopping centre was very bright.* > light (v, n) ❖ освещение
- 3.79 poor** (adj) /pɔː(r)/
bad • *Mr Davies has been in poor health for years.* ❖ плохой

Speaking Page 35

- 3.80 benefit** (n) /'benɪfɪt/
an advantage • *There are many benefits to healthy living, longevity being one of them.*
> benefit (v), beneficial (adj) ❖ выгода
- 3.81 comparison** (n) /kəm'pærɪsn/
the act of saying or showing the differences or similarities between two or more people or things • *Chips are lot less healthy in comparison to baked potatoes.* > compare (v), comparative (adj) ❖ сравнение
- 3.82 whereas** (conj) /,wɛər'æz/
but; in contrast • *Most of my friends hate garlic, whereas I really like the taste of it.*
❖ в то время как
- 3.83 in contrast** (expr) /ɪn 'kɒntrɑːst/
used to show the difference between two or more people or things • *Erica enjoys water sports and hiking. In contrast, her sister prefers indoor sports.* ❖ в отличие
- 3.84 on the other hand** (expr) /ɒn ðiː 'lð.ər hænd/
from the opposite point of view (used to introduce a contrasting idea) • *Eating out can be enjoyable sometimes. On the other hand, home-cooked food is usually cheaper and healthier.* ❖ с другой стороны
- 3.85 laughter** (n) /'lɑːftə(r)/
the act of laughing • *The sound of children's laughter came from the playground.*
> laugh (n, v) ❖ смех

Comparing

comparison	on the other hand
in contrast	whereas

Grammar Page 36

- 3.86 skip** (v) /skɪp/
move with little jumps, like a happy child • *The children skipped along the street on their way home from school.* > skip (n) ❖ скакать
- 3.87 sneeze** (v) /sniːz/
If you sneeze, air suddenly comes from your nose, making a noise, when you have a cold, for example. • *Every spring, she sneezes because she is allergic to flowers.* > sneeze (n) ❖ чихать
- 3.88 tissue** (n) /'tɪʃuː/
a soft kind of paper, often used as a handkerchief • *He took out a tissue and wiped the tears from his face.* ❖ салфетка
- 3.89 climate change** (n) /'klaɪmət tʃeɪndʒ/
changes in the Earth's weather caused by the increase of gases like carbon dioxide in the atmosphere • *Because of climate change, sea levels are rising.* ❖ изменение климата

- 3.90** **fairly** (adv) /'feəli/
quite • *He recovered fairly quickly from his illness.* > fair (adj) ❖ достаточно
- 3.91** **major** (adj) /'meɪdʒə(r)/
important • *The football World Cup is a major championship that all countries want to win.*
> majority (n) ❖ крупный ✎ Opp: minor

Use your English Page 37

- 3.92** **malaria** (n) /mə'leəriə/
a serious disease caused by the bite of a mosquito • *If you travel to certain countries, you should take pills so you don't get malaria.*
❖ малярия
- 3.93** **mosquito** (n) /mɒs'ki:təʊ/
a flying insect that bites • *She got bitten by mosquitoes while she was sleeping in the tent.*
❖ комар
- 3.94** **consume** (v) /kən'sju:m/
to eat or use • *If you consume plenty of vegetables, your health will improve.*
> consumer, consumption (n) ❖ употреблять
- 3.95** **tooth decay** (n) /tu:θ di'keɪ/
when your teeth become destroyed • *He has terrible tooth decay because he eats sweets and doesn't brush his teeth.* ❖ кариес
- 3.96** **focus on** (v) /'fəʊkəs ɒn/
concentrate on • *'In the lesson today we will focus on colour in nature,' said the biology teacher.* > focus (n) ❖ сосредоточиться на
- 3.97** **weights** (n pl) /weɪts/
heavy objects used as part of an exercise routine • *Andy lifts weights twice a week at the gym and he has become very strong.*
❖ гантели
- 3.98** **on the mend** (expr) /ɒn ðə mend/
starting to feel better • *Anna had the flu last week. Fortunately, she's on the mend now.*
❖ на поправку
- 3.99** **a new lease of life** (expr) /ə nju: li:z əv laɪf/
a chance of better health • *His heart operation gave him a new lease of life.* ❖ возрождение надежд
- 3.100** **on my last legs** (expr) /ɒn maɪ læst legz/
feeling very weak; dying • *The lost climbers were on their last legs by the time the rescue team found them.* ❖ на последнем издыхании
- 3.101** **take time out** (expr) /teɪk taɪm aʊt/
to have a break or a rest • *She's been studying so much that she needs to take some time out to rest.* ❖ взять тайм-аут

- 3.102** **recharge (your) batteries** (expr) /rɪ'tʃɑ:dʒ (jɔ:) 'bætəri:z/
to get your energy back • *I'm tired. I'll take a break to recharge my batteries.*
❖ перезарядить батарейки
- 3.103** **regain** (v) /rɪ'geɪn/
to get back • *Have you regained your health after the flu you had last month?* ❖ вернуть
- 3.104** **exhausted** (adj) /ɪg'zɔ:stɪd/
very tired • *The explorers walked in the jungle all day and were exhausted by the evening.*
> exhausting (adj), exhaust (v), exhaustion (n)
❖ истощенный

Health

ache	malaria	sneeze
cough	operation	symptom
disease	overweight	tiredness
fitness	pill	tooth decay
flu	recover	unfit
illness	sick building	unwell
life expectancy	syndrome	weight

Writing Pages 38–39

- 3.105** **light-hearted** (adj) /laɪt-'hɑ:tɪd/
not too serious • *She wrote a light-hearted email to her friend with all her good news.*
❖ беззаботный
- 3.106** **realistic** (adj) /rɪə'lɪstɪk/
based on facts • *He asked for a realistic salary that was appropriate for an employee with his qualifications.* > reality (n) ❖ реалистичный ✎ Opp: unrealistic
- 3.107** **add up** (phr v) /æd ʌp/
to slowly increase until sth becomes a large amount or number • *If you buy takeaway coffee every day, it will soon add up.*
❖ повышать
- 3.108** **otherwise** (adv) /'lðəwaɪz/
differently; apart from that • *You should start exercising. Otherwise, your health will suffer.*
❖ иначе
- 3.109** **publish** (v) /'pʌblɪʃ/
to prepare and print a book, magazine, etc. in order to sell it • *His first book was published in 1998.* > publisher, publication (n)
❖ публиковать
- 3.110** **announcement** (n) /ə'naʊnsmənt/
an important statement that is made to give people information about sth • *We arrived at the airport in time to hear the announcement that our flight was cancelled.* > announce (v), announcer (n) ❖ объявление

- 3.111 remedy** (n) /'remədi/
a medicine to cure an illness or pain • *Hot tea with lemon and honey is my mum's remedy for a cold.* ❖ лекарство
- 3.112 prevention is better than cure** (expr)
/prɪ'venʃn ɪz 'betə ðən kjʊə/
it is better to avoid getting ill than to try and get better after you have become ill • *Wash your hands before you eat or you might get ill. Prevention is better than cure.* ❖ легче предупредить, чем вылечить
- 3.113 increase** (v) /ɪn'kriːs/
make bigger, greater • *If you wear a colour you like, it could increase your confidence at the interview.* > increase (n) ❖ повышать
- 3.114 warm up** (v) /wɔːm ʌp/
to do gentle exercise to prepare your body for more intensive exercise • *The football players warmed up before the match started.* > warm-up (n) ❖ разогреваться
- 3.115 organic food** (n) /ɔː'gæniːk fuːd/
food grown without the use of chemicals
• *Organic food is good for you because it doesn't have dangerous chemicals in it.*
❖ органическая пища

Food and food production

crop	squash
herb	staples
organic food	

Live well, study well

Page 40

- 3.116 limiting** (adj) /'lɪmɪtɪŋ/
holding sb/sth back from developing • *If you don't speak the language at all, it will be a limiting factor when you move to Germany.* > limit (n, v) ❖ ограничивающий
- 3.117 get back on track** (expr) /bæk ɒn træk/
to go the way you want again after facing a problem • *Jerry needed a few weeks to get back on track at work after his heart operation.* ❖ вернуться в обычный режим
- 3.118 master** (v) /'mɑːstə(r)/
to learn how to do sth well • *Young people can quickly master new computer games.* > master (n) ❖ овладевать
- 3.119 gradually** (adv) /'grædʒuəli/
slowly • *I'm gradually getting used to my new school.* > gradual (adj) ❖ постепенно
- 3.120 expand** (v) /ɪks'pænd/
to become bigger • *Metals expand when they are heated.* > expansion (n) ❖ расширять
📖 Opp: contract
- 3.121 setback** (n) /'setbæk/
sth that stops or slows down progress
• *You will face all kinds of setbacks when you try to start a business.* > set back (phr v)
❖ замедляться
- 3.122 acknowledge** (v) /ək'nɒlɪdʒ/
to accept sth as true • *He was given a medal to acknowledge his bravery.* > acknowledgement (n) ❖ отмечать
- 3.123 manageable** (adj) /'mænɪdʒəbl/
that you can control or do • *The project will be more manageable if we share the work as a team.* > manage (v), manager, management (n) ❖ управляемый 📖 Opp: unmanageable
- 3.124 reward** (v) /rɪ'wɔːd/
to give sth to sb because they have done sth good or worked hard • *I rewarded myself with a relaxing bath after the long tiring walk.* > reward (n), rewarding (adj) ❖ награждать
- 3.125 successfully** (adv) /sək'sesfəli/
with success • *She successfully sailed the boat back into the harbour.* > successful (adj), success (n), succeed (v) ❖ успешно
- 3.126 succeed** (v) /sək'siːd/
to manage to do sth you have been trying to do • *Ben wants to succeed in his university exams.* > success (n), successful (adj), successfully (adv) ❖ преуспевать
- 3.127 respond** (v) /rɪ'spɒnd/
to answer sb; to reply to sb • *My friend sent me an email, but I haven't responded to her yet.* > response (n) ❖ отвечать
- 3.128 repetition** (n) /rɪpə'tɪʃn/
doing or saying the same thing many times
• *The repetition of the same lyrics again and again in this song makes it a bit annoying.* > repeat (v), repetitive (adj) ❖ повторение
- 3.129 limit** (v) /'lɪmɪt/
to stop sb from doing what they want • *He limited himself to two small meals a day while he was on a diet.* > limit (n), limiting, limited (adj) ❖ ограничивать
- 3.130 apply to** (v) /ə'plai tuː/
to concern; to be about sb/sth • *The new law only applies to students over the age of sixteen.* ❖ относиться к
- 3.131 stage** (n) /steɪdʒ/
a part of a process • *The next stage in communications is hand-held tablets that have a phone, a camera and internet connection.*
❖ этап

Expressions

a new lease of life	on the mend
break a (bad) habit	on track
go a long way	recharge your batteries
in moderation	take time out
on my last legs	under the weather