

3 Fit as a fiddle

Glossary

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- 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.*
❖ zdrow jak ryba

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.* ❖ wyznaczyć cel
- 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.* ❖ korzystanie z serwisów społecznościowych
- 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.* ❖ stulatek
- 3.5 elderly** (adj) /'eldəli/
old (polite term) • *His great-grandfather is an elderly man but he still lives alone.*
➢ elders (n pl) ❖ osoby starsze, osoby w podeszłym wieku
- 3.6 well** (adv) /wel/
very much; used to emphasise some prepositions • *My mum was well into her twenties when she met my dad.* ❖ dobrze
- 3.7 life expectancy** (n) /laɪf ɪks'pektənsɪ/
the length of time that a person is likely to live • *In the West, women have a longer life expectancy than men.* ❖ średnia długość życia
- 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.* ❖ gdzie indziej, w innym miejscu
- 3.9 unlike** (prep) /,ʌn'laɪk/
in contrast to • *Unlike Anna, Ben doesn't play any musical instruments.* ❖ w przeciwieństwie
📖 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.* ❖ z umiarem

- 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.* ❖ powiedzenie
- 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.* ❖ czynnik
- 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)
❖ kultura
- 3.14 throughout** (prep) /θruː'ɑʊt/
during the whole of • *It rained heavily throughout the day.* ❖ przez, na przestrzeni
- 3.15 (be) worth** (expr) /{(biː) wɜːθ/
be enjoyable or useful to have • *Life is worth living when you are healthy and happy.*
❖ (być) wartym
- 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.* ❖ półwysep
- 3.17 purpose** (n) /'pɜːpəs/
aim • *His purpose is to get a good job in teaching.* ❖ cel
- 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.*
❖ pokolenie
- 3.19 provide** (v) /prə'vaɪd/
to give • *The sun could provide us with a lot more energy.* ➢ provision, provider (n)
❖ zapewniać, dostarczać
- 3.20 agriculture** (n) /'ægrɪkʌltʃə(r)/
farming • *Our country depends on income from agriculture and tourism.* ➢ agricultural (adj) ❖ rolnictwo
- 3.21 squash** (n) /skwɒʃ/
a type of vegetable with solid yellow flesh and a hard skin • *Fried squash is a delicious dish.*
❖ dynia
- 3.22 crop** (n) /krɒp/
a plant grown as food • *There was no rain, so the crops in the field died.* ❖ plon

- 3.23** **make up** (phr v) /meɪk ʌp/
to form • *The research team was made up of students from the biology course.* ❖ składać się z
- 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.* ❖ dobrze zbilansowany
- 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.* ❖ wapno
- 3.26** **strengthen** (v) /'streŋkθn/
to make sth stronger • *Doing exercise like walking and weight lifting can strengthen your bones.* > strength (n), strong (adj)
❖ wzmacniać
- 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) ❖ przyczyniać się (do)
- 3.28** **disease** (n) /dɪz'i:z/
an illness • *Many diseases of the past can now be cured.* ❖ choroba
- 3.29** **lie** (v) /laɪ/
be located in a particular place • *The small fishing village lies on the south coast of the island.* ❖ leżeć
- 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.* ❖ własny, z własnego ogrodu
- 3.31** **leafy** (adj) /'li:fi/
with a lot of leaves • *The meal included a salad of leafy green vegetables.* > leaf (n)
❖ liściasty
- 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)
❖ zioło, przyprawa ziołowa
- 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) ❖ zapobiegać
- 3.34** **staples** (n pl) /'steɪplz/
basic food • *Everyday staples, such as bread, are an important part of European diets.* ❖ podstawowe pożywienie

- 3.35** **go a long way** (expr) /gəʊ ə lɒŋ 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.* ❖ daleko zajść, być pomocnym
- 3.36** **mentally** (adv) /'mentli/
to do with the mind • *Studying for so many hours is mentally exhausting.* > mental (adj)
❖ psychicznie
- 3.37** **physically** (adv) /'fɪzɪkli/
to do with the body • *If you take up a sport, you will feel better physically.* > physical (adj)
❖ fizycznie
- 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.* ❖ pierwiastek
- 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?* ❖ zasoby

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) ❖ sprawność fizyczna
- 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) ❖ operacja
- 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) ❖ zdrowieć, wracać do zdrowia
- 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) ❖ uraz, obrażenie
- 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)
❖ leczyć
- 3.45** **symptom** (n) /'sɪmptəm/
a sign of an illness • *Apart from a high temperature, she had no other flu symptoms.* ❖ objaw
- 3.46** **patient** (n) /'peɪʃnt/
sb who is ill and receiving medical care (in hospital) • *The doctor gave the patient some medicine.* ❖ pacjent

- 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) ❖ nagły wypadek
- 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) ❖ sędzia
- 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) ❖ ból
- 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) ❖ instruktor
- 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) ❖ poza
- 3.52 toxin** (n) /'tɒksɪn/
a poisonous substance • *The city air is full of toxins produced from fossil fuels.* > toxic (adj) ❖ toksyna
- 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) ❖ kryminalista
- 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) ❖ więzienie
📖 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.* ❖ styl życia
- 3.56 unwell** (adj) /ʌn'wel/
ill; not well • *He was feeling unwell, so he stayed in bed.* ❖ słaby, niedomagający
- 3.57 pill** (n) /pɪl/
a small round piece of medicine which you swallow • *If you have a headache, try taking a pill.* ❖ tabletki 📖 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.*
❖ grypa 📖 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.* ❖ dekada
- 3.60 pot** (n) /pɒt/
a container that you make tea in • *Is there any more tea in the pot?* ❖ dzbanek 📖 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.* ❖ sesja
- 3.62 lately** (adv) /'leɪtli/
recently • *I haven't seen George lately. The last time we spoke was a year ago.*
❖ ostatnio, niedawno
- 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.*
❖ czuć się kiepsko
- 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) ❖ waga, masa

Listening Page 34

- 3.65 overweight** (adj) /,əʊvə'weɪt/
too heavy • *The man is over 100 kg. He's overweight.* ❖ otyły, mający nadwagę
📖 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.* ❖ zerwać z nałogiem
- 3.67 burn calories** (expr) /bɜːn 'kæləriːz/
to use energy by exercising • *Let's run another kilometre and burn some more calories.*
❖ spalać kalorie
- 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.* ❖ kaloria
- 3.69 average** (adj) /'ævərɪdʒ/
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) ❖ średni

- 3.70 nowadays** (adv) /'naʊədeɪz/
today, these days • *Nowadays, we can keep in touch with family all over the world on our computers.* ❖ teraz, w dzisiejszych czasach
- 3.71 sick building syndrome** (n) /ˌsɪk '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.* ❖ syndrom chorego budynku
- 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) ❖ kaszel
- 3.73 tiredness** (n) /'taɪədnəs/
the feeling of being tired • *He was studying for hours until his tiredness prevented him from doing any more.* > tired (adj) ❖ zmęczenie
- 3.74 damp** (adj) /dæmp/
slightly wet • *She's just washed her hair, so it's still a bit damp.* > dampen (v), dampness (n) ❖ wilgotny
- 3.75 polluted** (adj) /pə'ljuːtɪd/
dirty and not safe to use • *The lake is too polluted to swim in.* > pollute (v), pollution (n) ❖ zanieczyszczony
- 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) ❖ świadomość
- 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.* ❖ jakość
- 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) ❖ oświetlenie
- 3.79 poor** (adj) /pɔː(r)/
bad • *Mr Davies has been in poor health for years.* ❖ słaby

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) ❖ korzyść

- 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) ❖ porównanie
- 3.82 whereas** (conj) /,wɛər'æz/
but; in contrast • *Most of my friends hate garlic, whereas I really like the taste of it.* ❖ podczas gdy
- 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.* ❖ natomiast
- 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.* ❖ z drugiej strony
- 3.85 laughter** (n) /'lɑːftə(r)/
the act of laughing • *The sound of children's laughter came from the playground.* > laugh (n, v) ❖ śmiech

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) ❖ podskakiwać
- 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) ❖ kichać
- 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.* ❖ chusteczka
- 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.* ❖ zmiana klimatu
- 3.90 fairly** (adv) /'feəli/
quite • *He recovered fairly quickly from his illness.* > fair (adj) ❖ całkiem, dość

3.91 major (adj) /'meɪdʒə(r)/
important • *The football World Cup is a major championship that all countries want to win.*
> majority (n) ❖ główny 📖 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.*
❖ malaria
- 3.93 mosquito** (n) /mɒs'ki:təʊ/
a flying insect that bites • *She got bitten by mosquitoes while she was sleeping in the tent.*
❖ komar
- 3.94 consume** (v) /kən'sju:m/
to eat or use • *If you consume plenty of vegetables, your health will improve.*
> consumer, consumption (n) ❖ spożywać
- 3.95 tooth decay** (n) /tu:θ dɪ'keɪ/
when your teeth become destroyed • *He has terrible tooth decay because he eats sweets and doesn't brush his teeth.* ❖ próchnica zębów
- 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) ❖ koncentrować się na
- 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.* ❖ ciężary
- 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.*
❖ stawać na nogi, wracać do zdrowia
- 3.99 a new lease of life** (expr) /ə nju: li:s əv laɪf/
a chance of better health • *His heart operation gave him a new lease of life.* ❖ poczuć się jak nowo narodzony, postawić na nogi
- 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.* ❖ na ostatnich nogach
- 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.* ❖ wziąć wolne
- 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.*
❖ naładować baterie
- 3.103 regain** (v) /rɪ'geɪn/
to get back • *Have you regained your health after the flu you had last month?* ❖ odzyskać

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)
❖ wyczerpany

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.*
❖ beztroski, niefrasobliwy
- 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) ❖ realistyczny
📖 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.*
❖ uzbierać, sumować
- 3.108 otherwise** (adv) /'ʌðəwaɪz/
differently; apart from that • *You should start exercising. Otherwise, your health will suffer.*
❖ w przeciwnym razie
- 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)
❖ publikować
- 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) ❖ ogłoszenie
- 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.* ❖ lekarstwo
- 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.* ❖ lepiej zapobiegać niż leczyć

3.113 increase (v) /ɪn'kri:z/
make bigger, greater • *If you wear a colour you like, it could increase your confidence at the interview.* > increase (n) ❖ podnosić, zwiększać

3.114 warm up (v) /wɔ:ɪm 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) ❖ rozgrzewać się

3.115 organic food (n) /ɔ:'gæni:k fu:d/
food grown without the use of chemicals
• *Organic food is good for you because it doesn't have dangerous chemicals in it.*
❖ jedzenie organiczne

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) ❖ ograniczający

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.*
❖ powrócić na dawne tory

3.118 master (v) /'mɑ:stə(r)/
to learn how to do sth well • *Young people can quickly master new computer games.*
> master (n) ❖ wyuczyć się, opanować

3.119 gradually (adv) /'grædʒuəli/
slowly • *I'm gradually getting used to my new school.* > gradual (adj) ❖ stopniowo

3.120 expand (v) /ɪks'pænd/
to become bigger • *Metals expand when they are heated.* > expansion (n) ❖ powiększać się
📎 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)
❖ komplikacja

3.122 acknowledge (v) /ək'nɒlɪdʒ/
to accept sth as true • *He was given a medal to acknowledge his bravery.*
> acknowledgement (n) ❖ przyznawać, uznawać

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) ❖ wykonalny, możliwy do zrobienia
📎 Opp: unmanageable

3.124 reward (v) /rɪ'wɔ:ɪd/
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) ❖ nagradzać

3.125 successfully (adv) /sək'sesfəli/
with success • *She successfully sailed the boat back into the harbour.* > successful (adj), success (n), succeed (v) ❖ pomyślnie

3.126 succeed (v) /sək'si:d/
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) ❖ powieść się, udać się

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) ❖ odpowiadać

3.128 repetition (n) /repə'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) ❖ powtórzenie

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) ❖ ograniczać

3.130 apply to (v) /ə'plɑɪ tu:/
to concern; to be about sb/sth • *The new law only applies to students over the age of sixteen.* ❖ dotyczyć

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.*
❖ etap

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