



Health and Wellbeing

Vocabulary Long List

Topic vocabulary, useful phrases, phrasal verbs and idioms | Cambridge IGCSE ESL

<p>1 Learn by theme Study one table at a time.</p>	<p>2 Notice combinations Learn complete phrases, not isolated words.</p>	<p>3 Use the examples Adapt each sentence for speaking or writing.</p>
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Exercise and fitness

Word or phrase	Meaning	Example sentence
physical activity	movement of the body that uses energy	Regular physical activity supports both physical and mental health.
improve fitness	increase strength, stamina or general physical condition	Walking briskly each day can improve fitness.
build strength	make muscles and the body stronger	Resistance exercises can help teenagers build strength safely.
cardiovascular exercise	activity that raises the heart rate for a period	Cycling is an effective form of cardiovascular exercise.
warm up	prepare the body for exercise with gentle movement	Players should warm up before intense training.
active lifestyle	a way of life that includes regular movement	Walking instead of driving short distances supports an active lifestyle.
energy levels	the amount of physical or mental energy someone has	Exercise and regular meals can help maintain energy levels.

Diet and nutrition

Word or phrase	Meaning	Example sentence
balanced diet	a diet containing suitable amounts of different foods	A balanced diet should include fruit, vegetables and sources of protein.
processed food	food changed from its natural state, often with added ingredients	Some processed foods contain large amounts of salt or sugar.
nutritious	containing substances the body needs for health and growth	Eggs can be part of a nutritious breakfast.
portion size	the amount of food served to one person	Understanding portion size can help people avoid overeating.
stay hydrated	drink enough fluid for the body to function properly	Athletes need to stay hydrated in hot weather.
nutrient	a substance in food needed for health and growth	Iron is an important nutrient found in several foods.
healthy choice	an option that is beneficial to health	Choosing water instead of a sugary drink can be a healthy choice.



HEALTH AND WELLBEING | CORE VOCABULARY

Healthy choices and prevention

Word or phrase	Meaning	Example sentence
prevent illness	reduce the chance of becoming ill	Vaccination and good hygiene can help prevent illness.
regular check-up	a routine medical examination	A regular check-up may identify a problem at an early stage.
good hygiene	practices that keep the body and surroundings clean	Good hygiene reduces the spread of infection.
risk factor	something that increases the chance of a health problem	Smoking is a major risk factor for several diseases.
immune system	the body's system for defending itself against infection	Sleep and nutrition help the immune system function normally.
healthy lifestyle	a way of living that supports physical and mental health	A healthy lifestyle includes movement, rest and a balanced diet.
make an informed decision	choose after considering reliable information	Patients should receive clear information before making an informed decision.

Mental health

Word or phrase	Meaning	Example sentence
mental health	a person's emotional and psychological wellbeing	Schools should treat mental health as seriously as physical health.
emotional wellbeing	the ability to understand emotions and cope with daily life	Supportive friendships can strengthen emotional wellbeing.
self-esteem	confidence in your own worth and abilities	Constant comparison online may affect a young person's self-esteem.
feel overwhelmed	feel unable to manage a situation because it seems too difficult	Students may feel overwhelmed when several deadlines occur together.
low mood	a period of feeling sad or lacking energy	Someone experiencing a persistent low mood should seek support.
social connection	a relationship or sense of contact with other people	Social connection can protect people from loneliness.
sense of purpose	a feeling that life and activities have meaning	Volunteering can give people a stronger sense of purpose.



HEALTH AND WELLBEING | CORE VOCABULARY

Stress and coping

Word or phrase	Meaning	Example sentence
cope with stress	manage pressure in a healthy and effective way	Exercise helps some people cope with stress.
source of stress	a situation or problem that causes worry or pressure	Examinations are a common source of stress for students.
relaxation technique	a method used to reduce physical or mental tension	Slow breathing is a simple relaxation technique.
manage pressure	deal with demanding situations without becoming overwhelmed	Planning ahead can help students manage pressure.
take a break	stop an activity briefly in order to rest	Take a break if you can no longer concentrate effectively.
support network	a group of people who can provide practical or emotional help	Friends, relatives and teachers can form a valuable support network.
ask for support	tell someone that help or advice is needed	It is a sign of strength to ask for support when necessary.

Symptoms and medical care

Word or phrase	Meaning	Example sentence
describe symptoms	explain the signs of an illness or health problem	Patients should describe symptoms clearly and accurately.
medical advice	guidance given by a qualified healthcare professional	Seek medical advice if the pain becomes severe.
make an appointment	arrange a time to see a healthcare professional	You can make an appointment by phone or online.
diagnosis	the identification of an illness or condition	Further tests may be needed before a diagnosis is made.
treatment	medical care given to improve an illness or injury	The doctor discussed the available treatment options.
prescription medicine	medicine legally supplied on the instructions of a qualified professional	Prescription medicine should be taken exactly as directed.
healthcare professional	a trained person who provides health services	A healthcare professional can explain possible side effects.



HEALTH AND WELLBEING | CORE VOCABULARY

Illness and recovery

Word or phrase	Meaning	Example sentence
recover from an illness	become healthy again after being ill	Adequate rest helped her recover from the illness.
make a full recovery	return completely to normal health	Most patients make a full recovery within a few weeks.
side effect	an additional, often unwanted effect of a medicine or treatment	The leaflet lists possible side effects of the medicine.
long-term condition	a health condition that continues for a long time	People with a long-term condition may need regular monitoring.
rest and recuperation	time spent recovering strength and health	The doctor recommended a period of rest and recuperation.
follow medical advice	act according to guidance from a healthcare professional	It is important to follow medical advice after an operation.
gradual recovery	a return to health that happens slowly	A gradual recovery is normal after a serious injury.

Health support and access

Word or phrase	Meaning	Example sentence
access healthcare	be able to obtain suitable health services	Rural communities may find it harder to access healthcare.
public health	work that protects and improves the health of a population	Clean water is one of the foundations of public health.
health campaign	an organised effort to improve health knowledge or behaviour	The health campaign encourages people to exercise regularly.
raise awareness	increase people's knowledge of an issue	Schools can raise awareness of the signs of stress.
early intervention	support or treatment provided before a problem becomes more serious	Early intervention can improve outcomes for many conditions.
confidential support	private help in which personal information is protected	Young people should know where to find confidential support.
health inequality	an unfair difference in health or access to care between groups	Affordable services can help reduce health inequality.



HEALTH AND WELLBEING | LANGUAGE BUILDER

Phrasal verbs

Use these natural verb combinations when speaking or writing about this topic.

Word or phrase	Meaning	Example sentence
work out	exercise in order to improve fitness	She works out at the sports centre twice a week.
warm up	prepare the body for physical activity	Always warm up before running at high speed.
cool down	exercise gently after intense activity	The team cooled down by walking around the field.
cut down on	reduce the amount of something	The doctor advised him to cut down on sugary drinks.
give up	stop doing or using something	Support can help people give up smoking.
come down with	begin to suffer from an illness	Several students came down with a stomach infection.
get over	recover from an illness or difficult experience	It took her a week to get over the flu.
pass out	lose consciousness for a short time	Seek help immediately if someone passes out.
fight off	resist and recover from an infection	The immune system helps the body fight off infection.
build up	increase something gradually	Beginners should build up their activity level slowly.
open up	talk honestly about thoughts or feelings	Some teenagers find it difficult to open up about stress.
look after	take care of someone or something	Sleep is one way to look after your health.

High-value collocations

improve physical fitness	maintain energy levels	stay hydrated
follow a balanced diet	make healthy choices	prevent illness
protect mental health	cope with stress	manage pressure
seek medical advice	describe symptoms	make an appointment
receive treatment	make a full recovery	follow medical advice
raise awareness	access healthcare	reduce health inequality



HEALTH AND WELLBEING | LANGUAGE BUILDER

Idioms and figurative expressions

Use these selectively. One natural expression is more effective than several forced into the same answer.

Word or phrase	Meaning	Example sentence
in good shape	physically healthy and fit	Regular swimming helps her stay in good shape.
under the weather	feeling slightly ill	I stayed home because I was feeling under the weather.
back on your feet	healthy and active again after illness or difficulty	After several days of rest, he was back on his feet.
a clean bill of health	a statement that someone is healthy	The doctor gave her a clean bill of health.
fit as a fiddle	very healthy and energetic	My grandfather remains fit as a fiddle because he walks every day.
take a turn for the worse	become more seriously ill	The patient returned to hospital after taking a turn for the worse.
a weight off your shoulders	a relief from a serious worry	Talking to the counsellor was a weight off her shoulders.
prevention is better than cure	it is preferable to stop a problem before it happens	Health education reflects the idea that prevention is better than cure.

Exam-ready language

Purpose	Useful sentence frame
Introducing a benefit	<i>One significant benefit is that...</i>
Introducing a drawback	<i>A possible drawback is that...</i>
Balancing an argument	<i>Although this offers clear advantages, it may also...</i>
Explaining a result	<i>As a result, people may...</i>
Giving an example	<i>A clear example of this can be seen when...</i>
Making a comparison	<i>Compared with..., this option is...</i>
Giving advice	<i>People can improve the situation by...</i>
Suggesting action	<i>One practical solution would be to...</i>
Expressing caution	<i>It is important to consider whether...</i>
Giving an opinion	<i>In my view, the most sensible approach is to...</i>