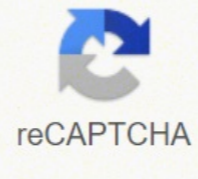




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## Synonym exercises pdf

Photo Courtesy: PeopleImages/iStock Osteoporosis is the loss of bone density. It makes bones weak and more likely to break. It's more common in women and in older adults — so it's important to take steps to protect your bones as you age. Doing weight-bearing exercises is one of the best ways to manage and prevent osteoporosis. And strength training can also help keep your bones and muscles strong. Learn about the health benefits of these activities and how you can get started. Photo Courtesy: kali9/iStock While weight-bearing exercises and other physical activities are great for reducing the risk of osteoporosis, they also have a range of other health benefits, including: Less painBetter mood and sense of well-beingBetter balance, flexibility and coordinationImproved heart health and endurance Being active can also help older adults maintain their independence and ability to do daily tasks and activities. And while osteoporosis is more common in older adults, it's important to start getting physical activity earlier in life. You go through a period of rapid bone growth in your teens and early 20s, so that's a key time to do weight-bearing exercises to build your bone density. Lots of Things Count as Weight-Bearing Exercise Photo Courtesy: adamkaz/iStock "Weight-bearing" means any activity that you do on your feet, and that works your muscles and bones against gravity. These exercises put healthy pressure on your bones and help keep them dense and strong. Many daily activities count as weight-bearing exercise, including: WalkingCleaningGardeningMowing the lawnGrocery shoppingGoing up and down the stairs If you enjoy sports, playing sports is another great way to put healthy pressure on your bones. Sports like tennis, soccer, basketball and even bowling all count. But if you've been diagnosed with osteoporosis, ask your doctor which sports and activities are safe for you. For example, you may need to avoid high-impact activities like running — or do them on an elliptical machine or padded track instead of asphalt. Add Strength:Training Activities to Your Routine Photo Courtesy: AsiaVision/iStock This type of weight-bearing exercise uses free weights, resistance bands, weight machines or your own bodyweight to strengthen both your bones and your muscles. It's especially important to strengthen your back, since osteoporosis can affect the spine. Here are some examples of the many strength-training exercises you can try. Squats: Stand with feet slightly wider than shoulder-width apart.Slowly lower yourself down and then back up by bending at the knees.Try to keep your back straight throughout. Lateral raises: Stand with feet shoulder-width apart and a weight in each hand. Raise your arms up and out to your sides until your arms are straight out from your shoulder. Beginners can start by doing one arm at a time instead of both at once. Bicep curls: Stand with feet shoulder-width apart and a weight in each hand. Pull the weight up by bending at the elbow. Once the weight reaches your shoulder, slowly lower it back down to the starting position. You can also do lateral raises and bicep curls with resistance bands instead of free weights. Just be careful about exercises that involve excessive twisting or bending at the waist, like sit-ups. This can increase the risk of compression fractures in people with osteoporosis. Ask your doctor what types of strength-training exercises are right for you. Bottom Line: Exercise Can Help Prevent and Treat Osteoporosis Getting regular physical activity throughout your life is one of the best things you can do to prevent your bone health. And if you already have osteoporosis, exercise can strengthen your bones and help prevent fractures. Talk with your doctor and make an exercise plan to protect yourself from osteoporosis. Resource Links: MORE FROM SYMPTOMFIND.COM Contexts ▼▲ The use or application of a faculty, right, or process A task set to test a skill or to prove a point A task assigned to students in an academic setting A military drill or training maneuver An activity done as an exercise or practice Physical activity, training or exercise in general Physical or mental effort An established or official way of doing something Something that has been achieved successfully Acts of moving something, such as one's limbs A branch of knowledge, typically one studied in higher education (dated) An essay written by a school pupil on a particular subject The action of repeating something aloud from memory To engage in physical activity to sustain or improve health and fitness To exert for the sake of development or improvement To put into action or practice To instruct or guide in a particular skill or field To practice something repeatedly so as to become skilled To cause to give a higher tone or sound To cause (a large amount of damage or harm) To work or earn a living as Get rid of by work or effort To hold exclusive control of a market or supply To have the use or benefit of something To produce or bring about Types of exercise or physical activity ... more ▼▲ Activity requiring physical effort, carried out to sustain or improve health and fitness "I believe that engaging in exercise isn't just beneficial for your health, but also does wonders for relieving stress." The use or application of a faculty, right, or process "The exercise of discretion is paramount when dealing in matters that are confidential in nature." A task set to test a skill or to prove a point "Consider these conundrums as an exercise in assessing your capacity for logic and reason." A task assigned to students in an academic setting "Complete the exercise and submit your answers in class tomorrow." A military drill or training maneuver "The nation's army has conducted military exercises in the past but never on such a scale." An activity done as an exercise or practice Physical activity, training or exercise in general Physical or mental effort Any of various therapeutic exercises and other activities to treat injury or dysfunction, or such exercises and activities collectively An established or official way of doing something Something that has been achieved successfully Acts of moving something, such as one's limbs A branch of knowledge, typically one studied in higher education (dated) An essay written by a school pupil on a particular subject A procedure undertaken to make a discovery, especially for scientific purposes The action of repeating something aloud from memory A series of lectures or lessons in a particular subject, leading to an examination or qualification To engage in physical activity to sustain or improve health and fitness "I started to exercise several times per week and was able to see results almost immediately." To exert for the sake of development or improvement "Word and number puzzles really help me exercise my brain." To exert for the sake of training, especially in fields requiring toughness or discipline "Suvorov would exercise his troops much more thoroughly than any of his contemporaries, and trained them under simulated battle conditions." To put into action or practice "I want to exercise my right to vote so that my voice can be heard in some way." To worry or vex "The continual rising costs of living in this city would exercise us greatly." To instruct or guide in a particular skill or field To practice something repeatedly so as to become skilled To prepare for physical exertion by stretching or exercising or gently beforehand Keep in shape To cause to give a higher tone or sound To cause (a large amount of damage or harm) To work or earn a living as Get rid of by work or effort To hold exclusive control of a market or supply To bring about To have the use or benefit of something To produce or bring about Types of exercise or physical activity "I like to try various forms of exercise to target different muscle groups." 3 to put into action or service commended the firefighters for exercising really good judgment in that emergency 4 to trouble the mind of; to make uneasy the slightest change in travel plans is enough to get him all exercised agitate, all, alarm (also alarum), bother, concern, derail, discomfort, discompose, dismay, disquiet, distemper, distract, distress, disturb, flurry, frazzle, freak (out), fuss, hagride, perturb, undo, un hinge, unsettle, upset, weird out, worry aggravate, anger, annoy, bug, chafe, chivy (or chivvy), exasperate, fret, gail, get, grate, harass, harry, ink, irritate, nettle, peeve, poster, pique, put off, put out, rile, vex abash, confound, confuse, discomfit, disconcert, discountenance, embarrass, faze, fluster, jar, mortify, nonplus, rattle, shake up daunt, demoralize, discourage, dishearten, dispirit, unnerve Vocabulary English Names English NamesForms of AddressMen's Names and NicknamesWomen's Names and NicknamesUnisex Names and NicknamesRussian Names in English (English Text)Russian Names in English (Russian Text) Topical Vocabulary Family and RelativesJobs and ProfessionsAppearance and CharacterPlaces in the CityWeather and TemperatureClothes and AccessoriesStores and Consumer GoodsFood Products Short ListFood Products Main ListHolidays and PartiesTelephoneSpelling Names on the PhoneTypical DayHealth and DiseasesColorsBritish and American Vocabulary Exercises for Vocabulary Ex. 1: Family and RelativesEx. 2: Jobs and ProfessionsEx. 3: Appearance and CharacterEx. 4: Stores and GoodsEx. 5: Weather and TemperatureEx. 6: Names and NicknamesEx. 7: British and American VocabularyEx. 8: Clothes and AccessoriesEx. 9: Holidays and PartiesEx. 10: Places in the City Synonyms and Antonyms How to Study Synonyms and AntonymsCollocationsSay and TellSpeak and TalkUseful Adjectives Short ListUseful Adjectives Main ListVerb SynonymsPrepositions in CollocationsMake and Do Exercises for Synonyms Ex. 1: Say, Tell, Speak, TalkEx. 2: Say, Tell, Speak, TalkEx. 3: Make, DoEx. 4: Make, DoEx. 5: Offer, SuggestEx. 6: Lay, LieEx. 7: Raise, RiseEx. 8: Synonyms GameEx. 9: Related WordsEx. 10: Choose a SynonymEx. 11: Choose a Preposition Choose the most appropriate answer. Your result: 00% correct.







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