

## Unit 5: Vocabulary

B1-07

Match the words with their definitions. Write the letter in the box.

|                             |                                                                                   |
|-----------------------------|-----------------------------------------------------------------------------------|
| A. compete against yourself | _____ an important or significant event in your life                              |
| B. endurance                | _____ a performance of dangerous-looking acts                                     |
| C. endure pain              | _____ take part in a contest with yourself in order to become better at something |
| D. milestone                | <b>B.</b> the ability to continue or last, despite fatigue, stress                |
| E. stunts                   | _____ suffer patiently without complaint                                          |
| F. set a record             | _____ to achieve something no other person or thing has achieved                  |

Fill in the gaps with a word from the box. You only need 5.

1. To \_\_\_\_\_ means to resist the pain in order to complete a challenge or a goal.
2. She is a good biker. She knows many \_\_\_\_\_ that amaze people.
3. In order to become a better athlete, you have to \_\_\_\_\_. In other words, you have to beat yourself and become better every day.
4. One \_\_\_\_\_ in my life was entering to university. It was so important and significant for me.
5. I want to \_\_\_\_\_ and be the fastest person to run 100 meters.

|                     |                                                                                                  |
|---------------------|--------------------------------------------------------------------------------------------------|
| G. overcome         | _____ under coercion or pressed to do, under stress                                              |
| H. push yourself    | _____ the weekday evening hours, thought of as having the largest television audience of the day |
| I. transformed      | _____ frivolous; foolish, dizzy                                                                  |
| J. lightheaded      | <b>G.</b> gain the victory over (someone or something);                                          |
| K. under duress     | _____ to try hard in order to do something                                                       |
| L. primetime        | _____ changed                                                                                    |
| M. face a challenge | _____ to confront a challenge                                                                    |

6. When I drink alcohol, I feel \_\_\_\_\_.
7. Life obstacles can be \_\_\_\_\_.
8. \_\_\_\_\_ and poor circumstances, they were able to make the best choices possible.
9. In \_\_\_\_\_ there can be 18 minutes or more of advertising per hour.
10. She \_\_\_\_\_ her life and know she is a new person. She stop smoking and started to exercise. Also, she is more patient.