

THE RESEARCH

Nouns



Listen and repeat

Headphones icon **Inflammation**



Headphones icon **Cardiovascular risk**



Headphones icon **Sedentary lifestyles**



Headphones icon **Chronic inflammatory state**



Headphones icon **Physical activity**



LIVE **LIVEWORKSHEETS**

Fill in the gaps with the vocabulary below:

Inflammation - Cardiovascular risk - Sedentary lifestyle - Chronic inflammatory state - Physical activity

1. Overweight/obesity in congenital heart disease (CHD) patients is associated with low _____ and _____.
2. The _____ increases the likelihood of developing cardiovascular diseases.
3. The study aimed to investigate the association between C-réactive prÔtein levels with body composition and functional capacity in CHD patients, as CRP is a valuable biomarker for _____.
4. The _____ is linked to an increased _____.
5. _____ is important for maintaining good health and reducing the _____.

Practice the pronunciation of the statements below

- 1. Overweight/obesity in congenital heart disease patients 
- is associated with low physical activity and sedentary lifestyles. 

- 2. The sedentary lifestyle 
- increases the likelihood of 
- developing cardiovascular diseases. 

- 3. The study aimed to investigate 
- the association between C-reactive protein levels 
- with body composition and functional capacity 

- in CHD patients, as CRP is a valuable biomarker for cardiovascular risk. 

- 4. The inflammation is linked to 
- an increased Chronic inflammatory state. 

NOUNS - QUANTIFICATION

Listen and repeat the English forms of the expressions below:

'quanta?' 'muita' , inflamação 'demais':

how much inflammation / so much / too much inflammation

 'pouco': a little / little

muitos riscos (de morte, de acidente):

many risks (of death, of accident) / so many risks

 'poucos': a few / few

'quanto?' risco cardiovascular

How much cardiovascular risk?

Listen and repeat

-  The CRP test shows how much inflammation there is in the body 
-  A little inflammation can be good. 
-  How much cardiovascular risk is considered too much? 
-  There is little cardiovascular risk in healthy people. 
-  Many biomarkers have been identified. 

Listen to the questions below and answer them.

Follow this example:

How much did the body fat percentage decrease in the training group after the intervention?

The body fat percentage in the training group decreased significantly after the intervention.

(or) It decreased significantly (in the training group) (after the intervention)



SLIGHTLY – SIGNIFICANTLY – DRAMMATICALLY

 **LIVEWORKSHEETS**

Peak VO₂ (L/min):

Was there any significant difference in peak oxygen consumption between the control group and the training group before and after the intervention?

Was there any significant increase in peak VO₂ in the training group after the intervention?

1. Predicted Peak VO₂ (%):

2. Body Fat (%):

3. Fat-free mass (kg):

4. Basal metabolic rate (kcal):

5. HDL cholesterol (mg/dL):

6. Triglycerides levels (mg/dL):

7. Glucose levels (mg/dL):

8. Peripheral Blood Flow (mL/min/100mL):

Answer the questions below

How many ...? 

How many ...? 

How many ...? 