

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. 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	G. 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.