

Unit 5				
Opposite	Verb	Noun	Adjective	Adverb
	disrupt			
		kinesiology		
		resistance		
			vegan	
		obesity		
			cumulative	
			intermittent	
		fasting		
			anaerobic	
			manageable	
		nutrition		
			progressive	
		overload		
		adherent		
		moderation		
		carnivore		