

**95.08.21 Workshop FRI SP Session 31 Health, Government Involvement**

**Telegram Channel: @sabaitc**

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**The Video Link : -----**

1. Chore = boring task
2. Weight loss = losing weight
3. Keep fit
4. Form of exercise
5. Legislation is necessary = introducing laws
6. In this regard = در این راستا
7. As far as I am concerned = in my opinion
8. In tip top shape = fit
9. Consider you a confidant = سنگ صبور
10. The cake has already been baked = they have already decided and we can do nothing about it
11. Loose definition = broad definition, vague definition
12. Insistence on your demand = ابرام و اصرار
13. It raises your heart rate
14. Encourage sb to do sth
15. Discourage sb from doing sth
16. Intervene vs interfere = intervene is less negative and sometime positive whereas interfere is negative
17. In a dilemma = two equally bad choices
18. I would say = in my opinion
19. The heart is a muscle that needs to be worked
20. I am in two minds = hesitant
21. On the one hand, .....On the other, .....
22. Somewhat a controlled area
23. lacking in imagination and spontaneity = فاقد خلاقیت و خودجوش گری
24. think about the fitness aspect = جنبه
25. ambiance = environment, atmosphere
26. **à la carte** = choose food from a menu
27. **table d'hôte** = self-service at a fixed price = خودزوری

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**Good luck!**

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