



# This Single Good Habit Initiated My Weight Loss of Over 50 Pounds in 8 Months.

## Description

In a remarkable transformation story, Australian Dils Lee has shed a striking 53 pounds, going from 192 pounds to a much healthier 139 pounds. Lee, 28, says her journey began in July 2023 as she battled low spirits and constant fatigue due to her weight gain. She was disappointed by her health condition and longed to regain her verve for life.

Feeling lethargic, agitated, and in regular discomfort, Lee became anxious after seeing a social media post informing that an inactive person is likely to die seven years earlier than their active partner. Her husband being a very active person, the thought of not being around for him due to her negligence triggered a significant surge in her attitude towards weight loss.

Lee started off with simple walks with friends during coffee breaks instead of sitting in the café. She gradually grew fond of exercise and eventually incorporated High-Intensity Interval Training (HIIT) into her fitness routine five days a week. The significant shift in lifestyle saw her lose 37 pounds in six months.

However, her weight hit a plateau after that. To tackle this, she sought help from a nutritionist, Lily Cook, who reshaped her eating habits by encouraging a low-carb, high-protein diet. This modification helped Lee lose another 15 pounds and acquire a toned body. Her weight loss journey serves as a testament that simple lifestyle changes can bring about remarkable transformations.

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## Vocabulary List:

1. **Transformation** // (noun): A marked change in form or appearance.
2. **Fatigue** // (noun): Extreme tiredness resulting from mental or physical exertion.
3. **Negligence** // (noun): Failure to take proper care or attention.
4. **Fitness** // (noun): The condition of being physically fit and healthy.
5. **Plateau** // (noun): A period or state of little or no growth or decline.
6. **Nutritionist** // (noun): A person who specializes in the study of nutrition and diet.

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. Which of the following is commonly known as pink eye?  
Option: Antiviral  
Option: Pathogenic  
Option: Conjunctivitis  
Option: Transmissions
2. Which word means astonishing or deeply shocking?  
Option: Accidentally  
Option: Staggering  
Option: Specialized  
Option: Functioning
3. What term is used to describe a marked change in form nature or appearance?  
Option: Responsible  
Option: Role  
Option: Manipulates  
Option: Transformation
4. Which term refers to the condition of being physically fit and healthy?  
Option: Transformation  
Option: Fatigue



Option: Negligence

Option: Fitness

5. What is a relatively flat and high land area?

Option: Fitness

Option: Plateau

Option: Nutritionist

Option: Rekindling

6. Which term describes a species that is likely to harm the environment it is introduced into?

Option: Undisclosed

Option: Refrain

Option: Invasive

Option: Frivolously

7. What is an organism that transmits a pathogen to another organism known as?

Option: Enthralled

Option: Acquiring

Option: Invasive

Option: Vector

8. Which term refers to the monitoring of behavior activities or information for the purpose of gathering information?

Option: Transmission

Option: Flourishes

Option: Infestation

Option: Surveillance

9. What is the failure to take proper care in doing something?

Option: Transmission

Option: Negligence

Option: Rekindling

Option: Undisclosed

10. Which term means to buy or obtain an object or asset?

Option: Frivolously

Option: Enthralled

Option: Acquiring

Option: Invasive

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**



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11. \_\_\_\_\_ microorganisms can cause disease in their host.
  12. The machine stopped \_\_\_\_\_ after years of reliable operation.
  13. In the play her \_\_\_\_\_ was to portray the antagonist.
  14. In a suitable environment this plant \_\_\_\_\_ and grows rapidly.
  15. Without proper pest control the house had an \_\_\_\_\_ of ants.
  16. The surgeon performed the \_\_\_\_\_ procedure with precision.
  17. Please \_\_\_\_\_ from using your phone during the meeting.
  18. The audience was \_\_\_\_\_ by the magician's performance.
  19. The company had an \_\_\_\_\_ agreement with its partners.
  20. The dictator \_\_\_\_\_ the media to control public opinion.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**



21. After a long day at work he felt extreme tiredness and lack of energy.
22. The couple went on a romantic getaway in hopes of reviving their relationship.
23. She consulted a professional to create a balanced diet plan tailored to her needs.
24. Medication that inhibits the growth and spread of viruses in the body.
25. Being answerable and accountable for one's actions or duties.
26. The species evolved to survive in the changing environmental conditions.
27. He knocked over the vase while cleaning the table.
28. The authorities used advanced technology for constant monitoring of the city.
29. The accident could have been prevented if not for his lack of care.
30. Regular exercise and a balanced diet are essential for good health and .

## Answer

**Multiple Choice:** 1. Conjunctivitis 2. Staggering 3. Transformation 4. Fitness 5. Plateau 6. Invasive 7. Vector 8. Surveillance 9. Negligence 10. Acquiring

**Gap-Fill:** 11. Pathogenic 12. Functioning 13. Role 14. Flourishes 15. Infestation 16. Specialized 17. Refrain 18. Enthralled 19. Undisclosed 20. Manipulates

**Matching sentence:** 1. Fatigue 2. Rekindling 3. Nutritionist 4. Antiviral 5. Responsible 6. Adapting 7. Accidentally 8. Surveillance 9. Negligence 10. Fitness

## CATEGORY

1. Health - LEVEL4

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