

EJERCICIO Y DIETA

bienestar	well-being
crecer	to grow
energía	energy
mantenerse sano(a)	to be healthy
relajarse	to relax
saludable	healthy
alimentación	nourishment
alimento	food
balanceado(a)	balanced
caloría	calorie
nutritivo (a)	nutritious
atletismo	athletics
entrenarse	to train
estirarse	to stretch
estrés	stress
sudar	to sweat

CONSEJOS

aconsejar	to advise
consejo	advice
deber	should, ought to

RUTINA

acostarse (o-ue)	to go to bed
afeitarse	to shave oneself
arreglarse	to get ready
bañarse	to take a bath
cepillarse el pelo	to brush one's hair
despertarse (e-ie)	to wake up
ducharse	to take a shower
lavarse	to wash oneself
lavarse los dientes	to brush one's teeth
levantarse	to get up
maquillarse	to put on makeup
peinarse	to comb one's hair
ponerse la ropa	to get dressed
quitarse la ropa	to take off one's clothes
secarse	to dry oneself

OTROS

lacio	straight hair
rizado	curly hair
cepillo	hairbrush
cepillo de dientes	toothbrush
champú	shampoo
desodorante	deodorant
jabón	soap
loción	lotion
maquillaje	makeup
pasta de dientes	toothpaste
peine	comb
perfume	perfume
secador de pelo	hair dryer