

### **Verbos relacionados**

*estar en forma*  
*hacer ejercicio*  
*levantar pesas*

*fatigarse*

*ponerse a dieta*  
*estar a dieta*

*subir de peso*

*estirarse*

*entrenarse*  
*merendar (e-ie)*

*reducir*  
*contener (e-ie)*

*tener una dieta equilibrada*  
*aumentar*

*consumir*

### **Related Verbs**

to lead a healthy life

to be a vegetarian

to gain weight  
to become thinner

to lose weight

to tire

to relax/rest  
to sweat

to provide

to change one's diet

to add

to be addicted to