

Spanish	English
Una dieta equilibrada	A balanced diet
Fumar	To smoke
Mantenerse en forma	To stay in shape
bueno/malo par la salud	It's good/bad for your health
Ataque al corazón	Heart attack
Terminar	To stop
Fumador pasivo	Passive smoker
Morir	To die
Aconsejar	To warn/prevent
Resfriarse	To catch a cold
Ponerse a dieta	To be on a diet
Sufrir	To suffer
Un riesgo	A risk
Provocar	To cause
Alcoholismo	Alcoholism
Drogaditco/a	Drug addict
Síndrome de abstinencia	Withdrawal symptoms
Comida	Food
Me mantiene en forma	It keeps me fit
Beber agua	To drink water
Controlar el estrés	To control stress
Dormir	To sleep
Hacer ejercicio	To do exercise
Cuidar tu salud	To look after your health
Llevar una vida activa	To lead an active life
Evitar los dulces	To avoid sweets
Comida grasa	Fatty foods
Adiccion	Addiction

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Es demasiado caro	It's too expensive
No me gusta sentirme diferente a mis amigos	I don't want to be different from my friends
Me ayuda a sentirme mas cómodo/a	It helps me to feel more comfortable

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