

# Vocabulary List for “ Why We Should Exercise ”



No.	単語・表現	意味	英英	例文
	spare	割く、余分に使う	To make time or resources available for something.	I can't spare any time today.
	evident	明らかな、はっきりした	Clearly seen or understood; obvious.	It is evident that she is tired.
	cognitive	認知の、認識に関する	Related to mental processes like thinking, learning, and memory.	Sleep is essential for cognitive function.
	psychological	心理的な、精神的な	Concerning the mind and behavior.	He is receiving psychological support.
	resilience	回復力、抵抗力	The ability to recover quickly from stress or difficulties.	Children often show great resilience.
	occupied	忙しい、専念している	Fully engaged or busy with something.	She is occupied with her research project.
	efficiency	効率	The ability to achieve results with little wasted effort.	Exercise improves work efficiency.
	optimal	最適な	The best or most effective condition or choice.	This is the optimal solution to the problem.
	cerebral	脳の、大脳の	Relating to the brain or intellect.	Reading is a cerebral activity.
	academic	学問の、学業の	Related to education, study, or scholarly activities.	She has strong academic skills in mathematics.
	intellectual	知的な、知性の	Relating to the use of reason and understanding.	Reading philosophy is an intellectual activity.
	hippocampus	海馬	A brain region essential for memory and learning.	The hippocampus is critical for forming new memories.
	crucial	重大な、決定的な	Extremely important or essential.	Sleep plays a crucial role in health.
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	neurotrophic	神経栄養の	Relating to the growth and survival of nerve cells.	BDNF is a neurotrophic factor in the brain.
	volume	容積、体積	The amount of three-dimensional space occupied by something.	Exercise can increase brain volume.
	reverse	逆転させる、覆す	To change something back to its previous state.	The decision was reversed after review.
	moderately	適度に、ほどよく	To a reasonable or average extent.	He exercises moderately three times a week.
	aerobic	有酸素の	Requiring oxygen, often used to describe certain types of exercise.	Jogging is a form of aerobic exercise.
	sedentary	座りがちな、運動不足の	Involving little physical activity.	Office jobs are usually sedentary.

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	concentration	集中力	The ability to focus mental effort on one task.	Music helps improve my concentration.
	dopamine	ドーパミン	A neurotransmitter involved in reward, motivation, and focus.	Exercise increases dopamine in the brain.
	reward	報酬、喜び	A benefit or positive result received for an action.	Good grades are a reward for hard work.
	impulse	衝動	A sudden strong urge to act.	He bought the car on an impulse.
	overwhelmed	圧倒された、手に負えない	Feeling unable to cope with too many tasks or emotions.	She felt overwhelmed by the workload.
	prioritize	優先順位をつける	To arrange tasks in order of importance.	You must prioritize your assignments.
	notification	通知、知らせ	A message that alerts someone about an event or update.	I turned off phone notifications to focus on studying.
	distraction	気を散らすもの、注意散漫	Something that prevents concentration.	Social media is a major distraction while working.
	fine-tune	微調整する、調整する	To make small changes for better performance.	The coach fine-tuned the team's strategy.
	ancestor	祖先	A person from whom one is descended.	Our ancestors lived as hunter-gatherers.
	prey	獲物	An animal hunted or caught for food.	The lion chased its prey across the savanna.
	cortisol	コルチゾール	A hormone released in response to stress.	Exercise lowers cortisol levels in the body.
	stimulus	刺激	Something that causes a reaction or response.	Light is a stimulus for the eyes.
	prompt	引き起こす、促す	To cause someone to take action.	The accident prompted safety reforms.
	chronic	慢性的な、長期的な	Continuing or recurring over a long period.	He suffers from chronic stress.
	impair	損なう、弱める	To damage or make less effective.	Lack of sleep impairs memory.
	exposure	暴露、さらされること	The state of being subject to something, like risk or influence.	Prolonged sun exposure can damage skin.
	strain	負担、緊張	Physical or mental stress or effort.	The heavy lifting caused back strain.
	accustomed	慣れた、習慣的な	Familiar with something through repeated experience.	She is accustomed to early mornings.
	refrain	控える、差し控える	To stop oneself from doing something.	Please refrain from smoking here.

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	secretion	分泌	The release of a substance by cells or glands.	Insulin secretion regulates blood sugar levels.
	respiratory	呼吸の	Related to breathing.	Smoking damages the respiratory system.
	circulatory	循環の	Relating to the movement of blood through the body.	Aerobic exercise strengthens the circulatory system.
	intricate	複雑な、入り組んだ	Very detailed and complicated in design or structure.	The watch has an intricate mechanism.
	navigate	操作する、進路を決める	To find a way through or across something.	They navigated the forest trail with difficulty.
	spatial	空間の、空間的な	Relating to the position or area of space.	Children develop spatial awareness through play.
	recognition	認識、認知	The ability to identify or acknowledge something.	Facial recognition is used in modern phones.
	coordinate	調整する、協調させる	To organize parts to work together effectively.	The dancers coordinated their movements perfectly.
	outperform	より優れる、上回る	To do better than someone or something.	The athlete outperformed all his rivals.
	secondary	二次的な、副次的な	Less important or arising from something else.	Safety is secondary to speed in this design.
	capacity	能力、才能	The ability to do or produce something.	Human capacities for learning are extraordinary.
	cut out	削る、省く	To remove or stop doing something.	He decided to cut out sugar from his diet.