

1. weekend / 주말	1	A. Saturday and Sunday / days off
2. warriors / 전사들	2	B. fighters / dedicated exercisers
3. exercise / 운동	3	C. work out / be active
4. enough / 충분한	4	D. sufficient / adequate
5. researchers / 연구원들	5	E. investigators / scientists
6. benefits / 혜택	6	F. advantages / rewards
7. daily / 매일	7	G. every day / each day
8. weekends / 주말	8	H. (duplicate of #1)
9. almost / 거의	9	I. nearly / practically
10. calories / 칼로리	10	J. energy units / (no common synonym)
11. lower / 낮추다		K. reduce / decrease
12. risk / 위험	11	L. chance / probability
13. cardiovascular / 심혈관의	12	M. heart-related / circulatory
14. diseases / 질병	13	N. illnesses / conditions
15. cancer / 암	14	O. (specific disease - no synonym)
16. article / 기사	15	P. report / story
17. survey / 조사		Q. study / poll
18. adults / 성인들	16	R. grown-ups / individuals
19. recommended / 권장하다	17	S. suggested / advised
20. minutes / 분	18	T. (unit of time - no synonym)
21. moderate / 중간 정도의	19	U. gentle / light
22. activity / 활동	20	V. exercise / movement
23. vigorous / 격렬한		W. intense / strenuous
24. weekly / 주간의		X. every week / (no common synonym)
25. frequent / 빈번한		Y. regular / often
26. bouts / 한바탕의 활동		Z. periods / spells
27. easily / 쉽게		AA. simply / without difficulty
28. lifestyle / 생활방식		BB. way of life / routine
29. considerable / 상당한		CC. significant / substantial
30. physical / 신체의		DD. bodily / active
31. frequency / 빈도		EE. rate / regularity
32. sessions / 시간		FF. periods / workouts
33. associated / 관련된		GG. linked / connected
34. mortality / 사망률		HH. death rate / fatality rate