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| Español | English | How to remember/rewrite 5 times |
| Aumentar de peso | To gain weight |  |
| Bajar de peso | To lose weight |  |
| Cuidarse | To take care of oneself |  |
| Darse un masaje | To get a massage |  |
| Descansar | To rest |  |
| Entrenar | To train |  |
| Estirar los músculos | To stretch one’s muscles |  |
| Evitar calambres | To avoid cramps |  |
| Hacer ejercicios de relajación | To do relaxation exercises |  |
| Practicar pilates/yoga | To practice pilates/yoga |  |
| Relajarse | To relax |  |
| Respirar | To breathe |  |
| Sentirse estresado(a) | To feel stressed |  |
| El gimnasio | Gym |  |
| El/la monitor(a) | (sports) instructor |  |
| El albornoz | Bathrobe |  |
| El cortaúñas | Nail clippers |  |
| La crema solar | Sunscreen |  |
| La esponja | Sponge |  |
| La espuma de afeitar | Shaving foam |  |
| El gorro de ducha | Shower cap |  |
| El hilo dental | Dental floss |  |
| Los análisis de sangre | Blood test |  |
| El antibiótico | Antibiotic |  |
| El diagnóstico | Diagnosis |  |
| El examen físico | Physical exam |  |
| Las pastillas | Pills |  |
| La radiografía | x-ray |  |
| La revision médica | Medical checkup |  |
| Los síntomas | Symptoms |  |
| Dar puntos | To give stitches |  |
| Darse un golpe | To bump |  |
| Estar hinchado(a) | To be swollen |  |
| Estar mareado(a) | To be dizzy |  |
| Estar roto(a) | To be broken |  |
| Recetar | To prescribe |  |
| Tener escalofríos | To have chills |  |
| Tomar el pulso | To take one’s pulse |  |
| El/la dentist | Dentist |  |
| El/la oculista | Ophthalmologist |  |
| El/la pediatra | Pediatrician |  |
| El/la psicólogo(a) | Psychologist |  |
| El cuerpo humano | The human body |  |
| El cerebro | Brain |  |
| El corazón | Heart |  |
| El estómago | Stomach |  |
| El hígado | Liver |  |
| Los huesos | Bones |  |
| El intestino | Intestines |  |
| Los músculos | Muscles |  |
| Los pulmones | Lungs |  |