



VOCABULARY

Exercises		regular	convey	shin
Overstate		relegated	spooky	calf
haunted	to hang		joints	namely
lousy	horror	sloppy	spots	lessen
anchor	average	first aid care		to handle
training	diminish		trail	safely
symptoms		suffering	understanding	
intervention		trend	burglar	thief
Sober October		Bert Kreischer	calculated risk	
no fap November		men’s health		sidewalk
taking care		being careful		incentivize
climb	carefulness	house chores	to deal with	

EXPRESSIONS

In one of those days

To be in someone's neck

There are levels to this shit

To take the risk

Adrenaline junkie

on purpose

to reach a common denominator

PRONUNCIATION

vital	bodily	nervous	refers
latter	later	shoulder	although
herb	HERB	polish	Polish
interfere	difficult	difficulty	expect
courage			

COMMUNICATION SKILLS

healthy eating habits

there are times

Why do you say so?

the importance of

to be in touch

_____ at the end of the month.

_____ by the end of the month.

What was the matter?

I've never done it.

How would you deal with it?

Three month in...

What are the upsides of _____?

READING

The Skeletal System

Long relegated to props hung in poorly decorated haunted houses or characters in lousy horror movies, skeletons have gotten a bad rap. Except for those times when we break one, most of us think of bones as little more than the leftovers from Buffalo wings or the things that hurt when our shins bump the coffee table. That is, we have a tendency to overlook them and what they represent: namely our own shape.

Try imagining your life without your skeleton. Your body would be an amorphous blob incapable of thought. Without a skeleton, you would have no shape. Worse, you would have no skull. And without a thick skull, your brain would be left vulnerable and would, as a result, be unable to grow to the size it has. In other words, human life would not be anything close to human-like without a skeleton. And yet, despite its importance, people tend to forget about or simply not understand how the skeletal system works. In fact, they do not seem to grasp that the skeletal system is more than just a collection of bones: It is a system of the body just as important as the cardiovascular system, the nervous system, or any other bodily system.

Bones are Organs

Every anatomical system is anchored around an organ that performs a vital bodily process. The respiratory system, for instance, is centered around the lungs, while the nervous system is centered around the brain. The skeletal system is actually anchored around 206 organs. See, each bone is a complex organ composed of many cells, fibers, and minerals. Their collective function is to support the rest of the body by making it erect, attach muscles to allow for movement, and protect other organs from danger. Bones also create new red blood cells in their marrow, thus helping the respiratory system, as red blood cells transport oxygen and carbon dioxide to and from tissues throughout the body. Bones also store calcium, iron, and fat; and they also ensure that the rest of the organs and muscles in the body have room to grow.

That last point is important. Bones grow throughout a person's life. And without bones growing and even fusing together, nothing else in your body would ever grow large, as there would simply be a dearth of expansion space.

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