

## Athletes for Tokyo Olympic games 2020 have to contend with 'soaring temperatures' and 'oppressive' humidity

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### Vocabulary

#### Headline

This is the title to the story. It is written in large letters at the top of the page to introduce you to the article.

#### Article

This is the story in the newspaper or a piece of writing.

#### To contend with

To deal with something. You have to accept it and deal with it / get through it.

#### Temperature

How hot or cold it is.

#### Soaring temperature

The temperature is very high and increasing very quickly.

#### Humidity [noun] / Humid [Adj]

Moisture in the air. There is a lot of water in the air that makes you sweat very easily. It can make it feel hotter.

#### Oppressive humidity

The humidity is very high. Uncomfortably high.

### Similar meaning to humid

Sticky

Same as humid.

### Similar phrases that mean very hot

Baking hot

It's boiling

It's sweltering

It's a sizzler

It's a scorcher

It's roasting



# HOT TOPIC

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## Main article vocabulary

**Intense heat**

It is very hot. Uncomfortably hot.

**Strain on something**

To put pressure on something. To make it more difficult.

**Over-heating**

Something becomes too hot.

**Regular intervals**

An interval is a break or pause. If it is regular, something happens very often. An example could be to drink water every 30 minutes.

## Main Article

Not only do the Athletes have the pressure of performing and doing their best, but at Tokyo 2020 the athletes are also having to contend with **intense heat** and humidity. With humidity levels above 80%, it puts a **strain on the** Athletes body when they try to perform outdoors.

When humidity levels are very high, your body can't properly cool itself and **over-heating** can easily happen.

Doctors recommend drinking water at **regular intervals** to help prevent the body from overheating.

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