**Wellness/ Fitness Vocabulary**

**Lesson 4 & 5**

**Physical activity -** any form of movement that causes your body to use energy

**Physical fitness –** the ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands

**Sedentary lifestyle -** a way of life that involves little physical activity

**Osteoporosis -** a condition characterized by a decrease in bone density, producing porous and fragile bones

**Metabolism -** process in which your body gets energy from food

**Cardiorespiratory endurance -** the ability of the heart, lungs, and blood vessels to utilize and send fuel and oxygen to the body’s tissues during long periods of moderate-to-vigorous activity.

**Aerobic exercise –** any activity that uses large muscle groups, is rhythmic in nature, and can be maintained continuously for at least 10 minutes three times a day or for 20 to 30 minutes at one time

**Anaerobic exercise –** intense short burst of activity in which the muscles work so hard that they produce energy without using oxygen

**Resting heart rate –** the number of times your heart beats in one minute when you are not active

**Anabolic steroids –** synthetic substances that are similar to the male hormone testosterone

**Overload –** working the body harder than it is normally worked builds

**Progression –** the gradual increase in overload necessary to achieve higher levels of fitness

**Specificity –** particular exercises and activities that improve particular area of health-related fitness

**Frequency** - how often you do the activity each week

**Intensity** - how hard you work at the activity per session

**Time –** how much time you devote to a session

**Type** - which activities you select

**F.I.T.T –** Frequency, Intensity, Time/Duration, and Type of Activity which is the formula for getting physically fit.