**Wellness/ Fitness Vocabulary**

1. **Health** - a combination of physical, mental/emotional, and social well-being.
2. **Wellness**  – an overall state of well-being, or total health.
3. **Prevention –** practicing health and safety habits to remain free of disease and injury.
4. **Health Education –** the providing of accurate health information to help people make healthy choices
5. **Healthy People 2010** **–** a nationwide health promotion and disease prevention plan designed to serve as a guide for improving the health of all people in the United States
6. **Health Literacy -** a person’s capacity to learn about and understand basic health information and services and use these resources to promote his or her health and wellness.
7. **Heredity** –all the traits that were biologically passed on to you from your parents.
8. **Environment –** the sum of your surroundings
9. **Peers –** people of the same age who share similar interests
10. **Culture –** the collective beliefs, customs, and behaviors of a specific group.
11. **Media –** the various methods of communicating information.
12. **Risk Behaviors -**actions that can potentially threaten your health or the health of others.
13. **Cumulative Risk -** related risks thatincrease in effect witheach added risk.
14. **Abstinence** – avoiding harmful behaviors.
15. **Fad Diets –** weight – loss plans that are popular for only a short time.
16. **Weight Cycling-** the repeated pattern of loss and regain of body weight
17. **Eating disorder -** an extreme harmful eating behavior that case serious illness or even death
18. **Anorexia nervosa -** a disorder in which the irrational fear of becoming obese results in serve weight-loss from self-imposed starvation
19. **Bulimia nervosa** - a disorder in which some form of purging or clearing of the digestive tract follows cycles overeating
20. **Binge Eating -** a disorder characterized by compulsive overeating
21. **Body Image –** the way you see your body
22. **Body Mass Index (BMI) –** is a ratio that allows you to assess your body size in relation to your height and weight.
23. **Overweight** **–** a condition in which the person is heavier than the standard weight range for his or her height
24. **Obesity –** having an excess amount of body fat
25. **Underweight –** a condition in which a person is less than the standard weight range for his or her height
26. **Nutrient-dense foods –** foods that are high in nutrients as compared to their calorie content