

Fitness Unit Review Sheet

1. Health Related Fitness Components: Cardiovascular Fitness, Muscular Strength/Endurance, Flexibility, Nutrition, Mental Wellness

2. Endurance: The amount of time the body can perform efficiently during exercise or sport related activities.

3. Strength: The amount of force and power a person has in terms of body and mind.

4. Flexibility: An individual's ability or inability to stretch their muscles and body.

5. Nutrition: This refers to the foods a person includes in their diet.

6. Cardiovascular: This refers to the heart, vessels, and lungs.

7. Short Breath: When a person does not completely fill the lungs with oxygen and air. Short breaths are considered to be shallow.

8. Deep Breath: Breathing in to fill the lungs with oxygen and air until there is no more room left for air to get in.

9. Mind: Anything in regard to the brain, emotions, thoughts, and feelings.

10. Food Groups/Families: Grains, Dairy, Protein, Vegetables, and Fruits.

11. Fitness: This explains an individual's level of wellness as a result of the amount of exercise performed in addition to our nutritional choices we make.

12. Life-Long Fitness: This is a person's ability to exercise consistently and eat healthy throughout the duration of one's life.

13. Abdominal muscles: These are muscles located within the mid-section or trunk of a person's body. These muscles are responsible for helping us stand upright providing us with good posture.

14. Bicep: This muscle is located on the upper part of both arms which is responsible for lifting.

15. Triceps: This muscle is located on the back upper part of both arms. This muscle is responsible for pushing and lifting.

16. Chest Muscles: These muscles are located on the front upper half of the body responsible for lifting and pushing.

17. Warm-up: When a person does light exercise to prepare the muscles and body for intense physical activity. The warm-up helps prevent injuries and improves body movements, due to increased blood flow around the body.

18. Cool-Down: This is necessary after physical activity. This gives the body a chance to recover by allowing the blood to keep flowing throughout the body. A cool-down may include walking and light stretching.

19. Heart Disease Risk Factors:

- a. **Couch Potato (Inactivity)** This defines a person that sits in front of the television and watches movies and plays video games while snacking for most of the day.
- b. **Poor Nutrition (Junk Food)** This consists of a person eating unhealthy foods without balancing each food group according to the new Food Plate guidelines.
- c. **Stress (Feelings/Emotions)** Stress may involve many different emotions such as sadness, anger, depression, and anxiety which create a strain on the body and mind.
- d. **Smoking (Cigarettes)** Smoking can damage the body in many different ways. One major result of smoking is Heart Disease.