

These are most key vocabulary words that you will need to know to succeed in lesson. Watch out for when these words occur as you do your reading, and record their definitions in your course journal.

- **Lean body mass** - Nonfat component of the human body.
- **Energy-balancing equation** - A body weight formula stating that when caloric intake equals caloric output, weight remains unchanged.
- **Setpoint Body** - weight and body fat percentage unique to each person that is regulated by genetic and environmental factors.
- **Basal metabolic rate (BMR)** - Lowest level of caloric intake necessary to sustain life.
- **Tolerable weight** - A realistic body weight that is close to the health fitness percent body fat standard.
- **Overweight** - Excess body weight when compared to a given standard such as height or recommended percent body fat.
- **Obesity** - A chronic disease characterized by an excessively high amount of body fat (about 20 percent above recommended weight or a BMI at 30 or above).