

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.

- **moderate-intensity aerobic physical activity**- Defined as the equivalent of a brisk walk that noticeably increases the heart rate.
- **vigorous-intensity aerobic physical activity**- Defined as an activity similar to jogging that causes rapid breathing and a substantial increase in heart rate.
- **risk factors**- Characteristics that predict the chances for developing a certain disease.
- **wellness**- The constant and deliberate effort to stay healthy and achieve the highest potential for well-being.
- **physical fitness**- The general capacity to adapt and respond favorably to physical effort.
- **health-related fitness**- A physical state encompassing cardiac respiratory endurance, muscular strength and endurance, muscular flexibility, and body composition.