

# Vocabulary

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*Study the vocabulary words and definitions below.*

**active exercise equipment** ..... exercise devices that require a person to use muscle power and aerobic energy

**anabolic steroids** ..... an artificial version of testosterone, the male sex hormone that stimulates muscle growth

**appetite suppressants** ..... drugs that block feelings of hunger

**cellulite** ..... a term used to describe the dimpled, bumpy fat that often appears on the hips, thighs, and buttocks

**consumer** ..... any person who buys products and services

**dehydration** ..... unhealthy loss of fluid from the body's tissues

**diuretics** ..... drugs used to increase the amount of fluids lost through urine

**ergogenic aids** ..... substances or techniques that claim to enhance a person's performance

**fad** ..... a practice or interest that, for a short time, is followed enthusiastically by many people

**fad diet** ..... a diet based on unsound nutritional practices

# Vocabulary

**metabolic rate** ..... a measure of how fast your body burns energy, or calories

**passive exercise equipment** ..... exercise devices that do the work for a person; they do not build fitness or help the user lose weight

**quackery** ..... dishonest, false practices or claims made by untrained persons pretending to have scientific knowledge

**sauna** ..... a steam bath treatment in which the bather is subjected to heat and steam produced by pouring water over heated rocks

**spot reduction** ..... a fallacy stating that exercising muscles in a particular area of the body will remove fat from that area

**stimulants** ..... drugs that cause an increase in heart rate and blood pressure and decrease appetite; often used to enhance performance, increase alertness, and delay fatigue

**testosterone** ..... a male sex hormone

**thyroid hormones** ..... drugs used to control problems that may cause weight gain or other medical problems