

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Personal Fitness For Life: Final

1. The ability of the body to perform daily physical activities without getting out of breath, sore, or overly tired
  2. A disease that develops gradually and continues over a long period of time
  3. Fitness qualities that are necessary to maintain and promote a healthy body
  4. The number of times the heart beats per minute while at rest
  5. Any physical activity that improves or maintains physical fitness
  6. Body chemicals that give you a feeling of wellness and happiness after a workout
  7. The amount of force that a muscle can apply in a given contraction
  8. The ability of the muscles to keep working over a period of time
  9. Muscle cells produce energy without using oxygen
  10. Muscle cells use oxygen to produce energy for movement
  11. The ability of the joints to move through their full range of motion
  12. Refers to the ratio of lean body tissue (muscle and bone) to body fat tissue
  13. The number of times an exercise is performed
  14. A fixed number of repetitions followed by a rest period
  15. A state in which the body has lost more water than has been taken in
  16. The time needed for the body to heal the fatigued muscle cells
  17. The sum or total of your physical, mental, and social health
  18. The most essential element to life
  19. Substances in food the body needs to perform properly
  20. The way you get along and work with others
- A. wellness  
B. exercise  
C. anaerobic activity  
D. set  
E. resting heart rate  
F. repetitions  
G. recovery  
H. muscular endurance  
I. health related fitness  
J. nutrients  
K. body composition  
L. flexibility  
M. endorphins  
N. chronic disease  
O. muscular strength  
P. physical fitness  
Q. social health  
R. aerobic activity  
S. dehydration  
T. water