

FITNESS FOR LIFE  
KEY WORDS

- ADDITIVES - Substances added intentionally or unintentionally to food.
- AMINO ACID - Compounds of proteins, often called the building blocks of the body.
- ANEMIA - A condition characterized by a reduction in red blood cells or in hemoglobin quality.
- ATHEROSCLEROSIS - The narrowing of artery walls by fatty deposits.
- BASIC FOOD GROUPS - Food groups essential to nutrition including milk, meat, cereal and bread, and fruits and vegetables.
- CALORIE - Units of food energy that provide energy for activity and heat.
- CHOLESTEROL - A fatty alcohol found in animal and dairy fats, egg yolks, and other substances; also produced in the body and essential to body functioning.
- EDEMA - Accumulation of excess fluid in the body tissues.
- LACTATION - The act of breast-feeding an infant.
- NUTRIENTS - Substances needed by the body for adequate functioning: 1) proteins, 2) carbohydrates, 3) fats, 4) minerals, 5) vitamins, 6) water, and 7) roughage.
- NUTRITION - The science of food, its utilization, and necessity for body function.
- ORGANIC FOODS - Foods that are growing without herbicides or pesticides and do not contain additives.
- RICKETS - Poor bone formation in children caused by a deficiency of calcium, phosphorus, and vitamin D.
- VITAMINS - Compounds necessary (in small amounts) for normal growth, development and tissue maintenance.
- ADULT-ONSET OBESITY - Obesity that begins later in life and is usually caused by excessive caloric intake and lack of exercise.
- ANOREXIA NERVOSA - A disease characterized by gradual weight loss until the patient is extremely underweight. The cause is thought to be emotional.
- BASAL METABOLISM - A measured amount of energy required to maintain the life processes.
- BASAL METABOLIC RATE (BMR) - Amount of energy necessary to keep an individual's life processes going; calculated according to body weight.
- BODY METABOLISM - All the chemical changes that go on in the tissues of the body.
- CHILDHOOD-ONSET OBESITY - Obesity that begins in childhood with early formation of fat cells, making it more difficult to lose weight later in life.
- METABOLIC OBESITY - Inborn or acquired difficulties with the body metabolism that cause obesity.
- OBESITY - Having too much body fat, which is determined by measuring adipose tissues and referring to height and weight charts.
- OVERWEIGHT - Weighing more than one should for his body structure, sex, and height.
- REGULATORY OBESITY - A lack of control over the amount of food eaten.
- SPECIFIC DYNAMIC ACTION - Action of the food on the body that represents a 10 percent tax on the food you eat.

ANGINA PECTORIS - Pain in the heart and chest area caused by oxygen deprivation to the heart muscle.

ARTERIOSCLEROSIS - Hardening of the outer walls of the arteries.

ATHEROSCLEROSIS - Hardening of the arteries accompanied by the laying down of fat deposits on the inside walls of the arteries.

CONGENITAL HEART DISEASE - Defects in the heart at birth; can often be corrected by surgery.

CORONARY ARTERIES - The circulatory system of the heart.

HEART ATTACK - Formation of a blood clot within a coronary artery.

HYPERCHOLESTEREMIA - An inherited condition that causes elevated blood cholesterol levels.

HYPERTENSION - High or elevated blood pressure.

RHEUMATIC HEART DISEASE - An inflammation of the heart muscle and valves caused by rheumatic fever.

STROKE - A blood clot in an artery, of the brain due to atherosclerosis or arteriosclerosis - blood is cut off to a part of the brain.

"TYPE A" - Personality type associated with heart disease and characterized by aggressiveness, competitiveness, and striving for achievement.

"TYPE B" - Personality type not associated with heart disease and characterized by an even temper, thoughtful decision making, and controlled personality.

AEROBIC TRAINING - Training that utilized oxygen and increases the efficiency of the C-R systems (also a method of training introduced by Dr. Kenneth H. Cooper).

ANAEROBIC TRAINING - Training that does not increase the efficiency of the C-R systems (without oxygen).

CIRCULO-RESPIRATORY ENDURANCE - Adjustments of the circulatory and respiratory systems to moderate contractions of large muscle groups for relatively long periods of time.

DYNAMOMETER - A calibrated instrument that measures muscular strength.

FLEXIBILITY - The range of motion at a joint.

HYPOKINETIC DISEASE (Krauss-Raab) - A number of conditions linked to a lack of physical exercise.

ISOMETRIC STRENGTH - A contraction against a resistance that is too great to overcome.

ISOTONIC STRENGTH - Lifting an object through a range of motion.

MUSCULAR ENDURANCE - The ability of muscles to perform work, either by sustained muscular contractions (isometric) or by continuing to raise and lower a submaximal load (isotonic).

MUSCULAR POWER - Strength of muscles and speed of movement.

MUSCULAR STRENGTH - Strength of muscles as determined by a single maximum contraction that may be measured by calibrated instruments.

PHYSICAL FITNESS - A level of physical energy that will enable one to comfortably perform his daily routine and have enough in reserve to meet unexpected physical emergencies.

TENSIOMETER - A calibrated instrument that measures muscular strength.

TOTAL BODY FITNESS - Mental and physical fitness.