

Glossary

PHYSICAL FITNESS FOR LIFE

A

anabolic steroid a synthetic version of the male hormone testosterone that is used to promote muscle development

C

chronic disease a disease that develops gradually and continues over a long period of time

circadian rhythm the body's internal system for regulating sleeping and waking patterns

D

dehydration a state in which the body has lost more water than has been taken in

dietary supplement any product that is taken by mouth, that can contain a dietary ingredient, and that is labeled as a dietary supplement

F

FITT a formula made up of the four parts of fitness training: frequency, intensity, time, and type

H

health-related fitness fitness qualities that are necessary to maintain and promote a healthy body

I

insomnia an inability to sleep even if one is physically exhausted

O

overtraining a condition that occurs as a result of exceeding the recommendations of the FITT formula

P

physical fitness the ability of the body to perform daily physical activities without becoming short of breath, sore, or overly tired

R

repetitions the number of times that an exercise is performed

resting heart rate (RHR) the number of times that the heart beats per minute while the body is at rest

S

set a fixed number of repetitions followed by a rest period

sleep apnea a sleeping disorder characterized by interruptions of normal breathing patterns during sleep

sleep deprivation a lack of sleep

T

target heart rate zone a heart rate range that should be reached during exercise to gain cardio-respiratory health benefits