



# Fitness Definitions

**Aerobic** - Light to vigorous physical activity. Promotes cardiovascular fitness and other health benefits (running, swimming, basketball, biking, etc.)

**Anaerobic** - Intense physical activity that is short in duration. It requires maximum performance during a brief period (sprinting during running, biking, swimming, etc).

**Body Composition** - A health-related component of physical fitness that relates to the relative amounts of muscle, fat, bone and other vital parts of the body.

**Calisthenics** - Exercise that overloads muscles by forcing them to work at a higher level than usual.

**Cardiovascular Fitness** - A health-related component of physical fitness that relates to the ability of the circulatory and respiratory systems to supply oxygen during sustained physical activity.

**Cool Down** - The less strenuous exercise you do to cool down your body after a more intense workout (walk more slowly, stretching, etc.).

**Duration** - The amount of time spent participating in physical activity

**Exercise** - Consists of activities that are planned and structured. They maintain or improve one or more components of physical fitness.

**Flexibility** - Exercise designed to stretch muscles and tendons to increase joint flexibility or range of motion.

**Frequency** - The number of physical activity sessions during a specific time period (a week, a month).

**Intensity** - The rate of energy that is expended.

**Isokinetic** - Exercise in which the amount of muscle force equals the amount of resistance, so that no movement occurs.

**Isotonic** - Exercise in which the amount of muscle force exerted is constant through the range of motion.



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**Health** - A state of being associated with freedom from disease and illness that also includes a positive component that is associated with a quality of life and positive well-being.

**Maximum Heart Rate** - An estimate of a person's maximum age-related heart rate. This can be obtained by subtracting your age from 220.

**Metabolic Fitness** - The state of metabolic systems and variables predictive of the risk for diabetes and cardiovascular disease which can be favorably altered by increased physical activity or regular endurance exercise without the requirement of a training related increase.

**Morphological Fitness** - A non-performance component of fitness related to body composition factors such as body circumferences, body fat content, and regional body fat distribution.

**Muscular Endurance** - A health-related component of physical fitness that relates to the muscle's ability to continue to perform without fatigue.

**Physical Activity** - Bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure.

**Physical Fitness** - A set of physical attributes related to a person's ability to perform physical activity successfully, without undue strain and with a margin of safety.

**Repetition (rep)** - The number of times you perform an exercise during a set.

**Set** - Refers to repeating the same exercise a certain number of times without resting.

**Strength** - A health-related component of physical fitness that relates to the ability of the muscle to exert force.

**Warm Up** - The act of preparing your body for the stress of exercise, usually light aerobic movements (walking slowly, etc.).

**Wellness** - A state of being describing a state of positive health in the individual and comprising biological and psychological well-being as exemplified by quality of life and sense of well-being.