

PHYSICAL FITNESS – WORD LIST

- **ability** = being able to do something
- **activity** = something that you do because you enjoy or like it
- **aerobic** = kind of activity or exercise that uses up oxygen and makes your lungs and heart stronger
- **although** = while
- **amazing** = surprising
- **amount** = how much
- **ankle** = the joint between your foot and your leg
- **athletes** = people who do sports in a competition
- **avoid** = to prevent something from happening
- **balance of hormones** = the substances that help your body grow; you should not have too many or too few of these substances
- **beat** = hit
- **blister** = when your skin starts to swell, for example after a burn
- **blood vessel** = one of the tubes through which blood flows in your body
- **breathe** = to take air into your lungs
- **cap** = a flat hat that is curved at one end
- **cardiovascular** = everything that deals with the heart and blood system
- **cause** = lead to
- **certain** = special
- **comfortable** = to make you feel good
- **compare** = measure, here: to see how high or large something is
- **competition** = an event in which people or teams play against each other
- **complain** = to say that you are unhappy about something
- **condition** = shape
- **controlled movement** = to move in a way that you are in command of what you are doing
- **deep breathing** = to take in as much air as you can through your lungs
- **depend on** = to be affected by
- **determined** = influenced by
- **develop** = grow
- **direction** = way, course
- **distance** = the space between two things
- **efficient** = to work well together without wasting energy
- **elementary school** = the first few years at school
- **enjoy** = like
- **enjoyable** = something that you like
- **exercise** = to do sports so that you stay healthy
- **fingertip** = the end of your finger
- **fit** = the right size
- **flexibility** = when you can bend the parts of your body easily
- **force** = power
- **full range** = here: in all directions
- **get used to** = to do things that no longer seem difficult or strange to you
- **grocery bag** = a bag that you put food from a supermarket in
- **gym** = a special building or room that has machines to exercise or do sports
- **heart rate** = the number of times your heart beats every minute
- **helmet** = a strong hard hat that you wear to protect your head
- **hip** = one of the two parts on each side of your body between the top of your leg and your waist
- **illness** = disease
- **immune system** = the system by which your body protects itself against disease
- **improve** = to make better
- **inactive** = not active
- **increase** = to go up or make bigger
- **index finger** = the finger next to your thumb
- **injury** = to be hurt
- **instead of** = in something's place
- **involve** = here: use
- **joint** = a part of your body that can bend because two bones meet there
- **jumping rope** = a long piece of rope that you use to jump over
- **layer** = material between two other things

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- **ligament** = a band of strong material that holds bones together
- **lightweight** = not very heavy and easy to wear
- **maintain** = keep
- **male** = about a man
- **motion** = movement
- **mouth guard** = an object you put in front of your mouth to protect your teeth
- **muscles** = one of the parts inside your body that you use so that you can move ; it also holds your bones together
- **otherwise** = or else
- **oxygen** = a gas that is in the air and that we need to breathe
- **pad** = object that is made of cloth or rubber, used to protect parts of your body
- **pain** = the feeling that you have when something hurts
- **participate** = take part in
- **physical** = everything that is about your body
- **pressure** = to put force or weight on something
- **protect** = guard, defend
- **protective eyewear** = to wear something so that your eyes will not get hurt
- **pulse** = the beat that you can feel when your heart pumps blood through your body
- **push-up** = an exercise where you lie with your face on the floor and push your body up with your arms
- **put you off** = don't let it stop you
- **race** = an event in which people run against each other and see who is fastest
- **raise** = to go up
- **regularly** = at the same time every day, every week etc..
- **relaxed** = to feel calm and not worried
- **rise** = go up
- **several** = many
- **sex** = whether a person is a man or a woman
- **shade** = to protect from direct light
- **shoulder** = part of your body where your neck is connected to your arm
- **side-ache** = a pain on the side of your body
- **sit-up** = an exercise to make your stomach muscles stronger; you lie on the floor and try to sit up without moving your legs
- **size** = how big something is
- **skill** = the ability to do something well, because you have learned it
- **soreness** = when something causes pain because you have exercised too much
- **strength** = power, how strong something is
- **strength training** = exercise that you do to make you stronger
- **strengthen** = to make stronger
- **strenuous** = something that makes you very tired
- **stretch** = to straighten your arms, legs and body after exercise
- **suited** = the right things to wear
- **support** = here: something you wear that holds you up
- **target heart rate zone** = the heart rate at which it is best to exercise - it makes you physically stronger and improves your health; normally it is about 50% - 80% of your maximum heart rate
- **tightly laced** = to fasten something and keep together by tying it up
- **water resistant** = it does not allow water to get in
- **weight** = how heavy you are
- **whatever** = any, it doesn't matter which
- **worried** = upset, unhappy about something
- **wrist** = the part of your body where your hands come together with your arms