

Period: _____

Glencoe Health Chapter 4

muscular endurance

resting heart rate

physical activity

muscular strength

cardiorespiratory

anabolic steroids

physical fitness

body composition

health screening

training program

osteoporosis

muscle cramp

Overexertion

flexibility

specificity

progression

hypothermia

heat cramps

metabolism

heatstroke

sedentary

anaerobic

hydration

frostbite

exercise

cooldown

overload

aerobic

workout

warmup

sprain

strain

fitt

