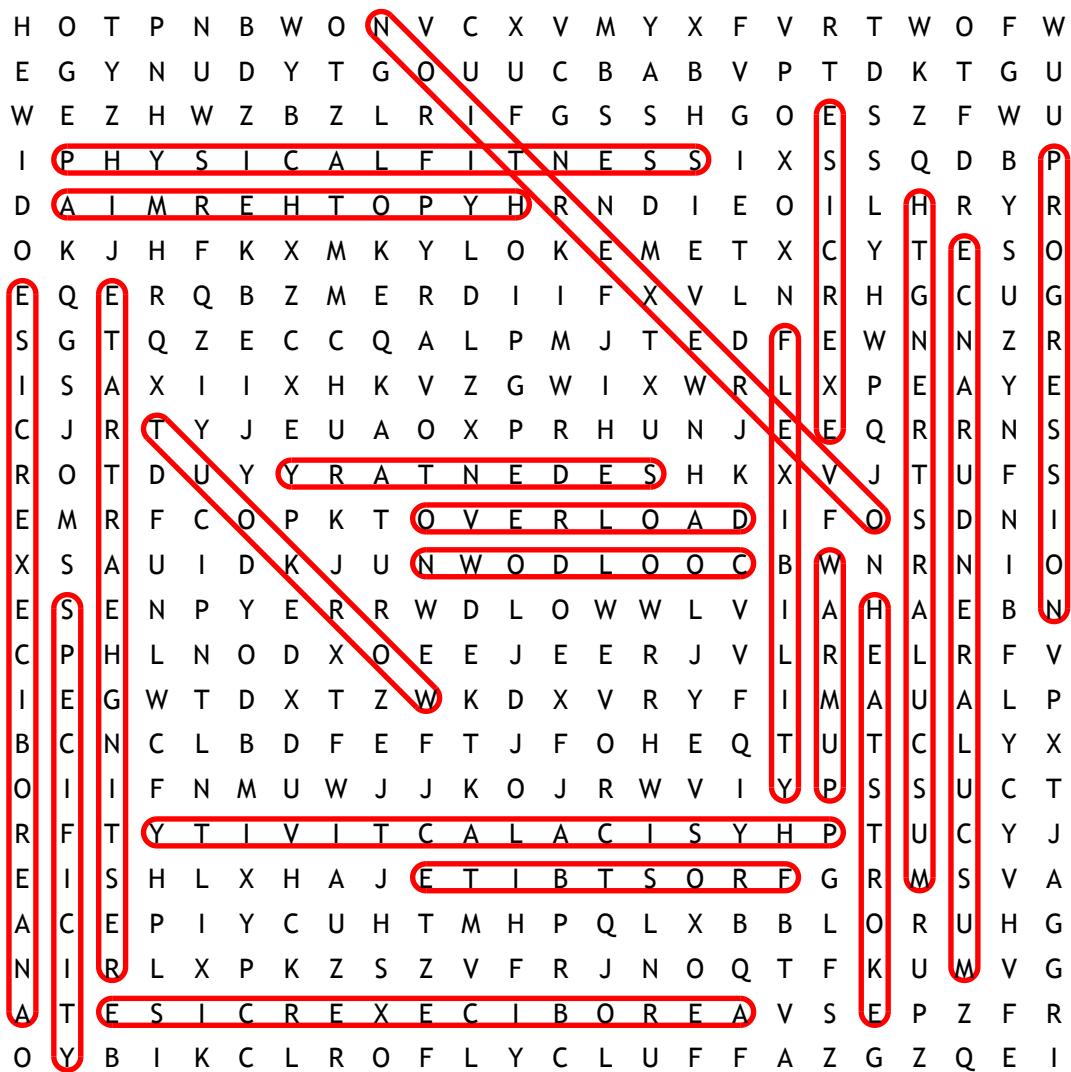


Name: _____

Date: _____

Chapter 12: Physical Activity and Fitness



- resting heart rate
- anaerobic exercise
- muscular endurance
- muscular strength
- Physical Activity
- aerobic exercise
- physical fitness
- overexertion
- hypothermia
- progression
- specificity
- flexibility
- heatstroke
- frostbite
- cool-down
- sedentary
- overload
- exercise
- workout
- warm-up