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| **Word** | **Definition and Sentence** | **Picture (a way to help you remember)** |
| Nutrition (p.254) |  |  |
| Nutrients |  |  |
| Calorie |  |  |
| Hunger |  |  |
| Appetite |  |  |
| Carbohydrates (complex and simple) |  |  |
| Fiber |  |  |
| Proteins |  |  |
| Fats (Unsaturated, Saturated and Trans) |  |  |
| Cholesterol/Plaque |  |  |

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| **Word** | **Definition and Sentence** | **Picture** |
| Vitamins |  |  |
| Minerals |  |  |
| Osteoporosis |  |  |
| Dietary Guidelines |  |  |
| My Pyramid |  |  |
| Nutrient Dense Foods |  |  |
| Metabolism |  |  |
| BMI- body mass index |  |  |
| Overweight |  |  |
| Obese |  |  |

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| **Word** | **Definition and Sentence** | **Picture** |
| Underweight |  |  |
| Body Image |  |  |
| Fad Diets |  |  |
| Weight Cycling |  |  |
| Eating Disorders |  |  |
| Anorexia Nervosa |  |  |
| Bulimia Nervosa |  |  |
| Binge Eating Disorder |  |  |
| Vegetarian |  |  |
| Physical Activity |  |  |

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| **Word** | **Definition and Sentence** | **Picture** |
| Physical Fitness |  |  |
| Exercise |  |  |
| Sedentary |  |  |
| The 5 **ELELMENTS OF FITNESS**1. Cardio-Respiratory endurance
 |  |  |
| 1. Muscular Strength
 |  |  |
| 1. Muscular Endurance
 |  |  |
| 1. Flexibility
 |  |  |
| 1. Body Composition
 |  |  |
| Aerobic Exercise |  |  |
| Anaerobic Exercise |  |  |

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| **Word** | **Definition and Sentence** | **Picture** |
| Isometric Exercise |  |  |
| Isotonic Exercise |  |  |
| Isokinetic Exercise |  |  |
| STAGES OF A WORKOUT1. Warm up
 |  |  |
| 1. Stretching
 |  |  |
| 1. Workout- CARDIO
 |  |  |
| 1. Workout- Muscular
 |  |  |
| 1. Cool Down
 |  |  |
| 1. Stretch
 |  |  |
| Resting Heart Rate |  |  |

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| **Word** | **Definition and Sentence** | **Picture** |
| Target Heart Rate |  |  |
| FITT Principle FREQUENCY |  |  |
|  INTENSITY |  |  |
|  TIME |  |  |
|  TYPE |  |  |
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| **Word** | **Definition and Sentence** | **Picture** |
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| **Word** | **Definition and Sentence** | **Picture** |
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| **Word** | **Definition and Sentence** | **Picture** |
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| **Word** | **Definition and Sentence** | **Picture** |
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