

**Vocabulary ch 1-3: define these words as each relates to fitness**

1. Behavior
2. Emotional fitness
3. Health
4. Health-related fitness
5. Heredity
6. Intellectual fitness
7. Maturation
8. Physical fitness
9. Sedentary
10. Skill-related
11. Social fitness
12. Spiritual fitness
13. Wellness
14. Exercise
15. Metabolism
16. Moderate physical activity
17. Vigorous physical activity
18. Heat cramps
19. Heat exhaustion
20. Heat stroke
21. Hypothermia
22. Lactic acid
23. Shin splints
24. PRICE method of treating injuries