

Foundations of Personal Fitness 2

Unit 5 - Wellness

Vocabulary - Activity (18 pts.)

Directions: Please use vocabulary resources by defining each term. They will come in your definition, an illustrated verbal model (I) and your definition.

1. Herbal supplements

Type of dietary supplement containing herbs or part of a plant that are thought to help, or therapeutic purposes.

2. Herb

Any type of plant with leaves, stems, or flowers used for food or medicine.

3. Sodium

A chemical element with atomic number 11 that is a soft white metal and conducts electricity as much as in its solid as in liquid form. It reacts rapidly with oxygen and water.

4. Electrolytes

A substance that dissociates into ions in solution and has the ability to conduct electricity. Examples of electrolytes include sodium, potassium, and calcium.

5. Sodium lactate

A chemical compound with molecular formula $\text{C}_2\text{H}_3\text{O}_2\text{Na}$, it is a white crystalline solid and is used as a preservative and food additive. It is also used in the food industry as a flavoring agent.

6. Glycogen

This chemical is found in the liver and muscles.

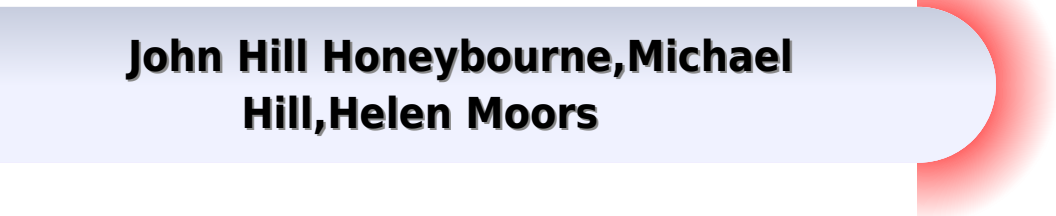
7. Glycol

A chemical compound, or chemical that has a hydroxyl group attached to a carbon atom. It is used in the food industry as a preservative.

8. Glycine

Foundations Of Personal Fitness Chaptertests Answers

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