

Foundations of Personal Fitness 2

Unit 5 - Wellness

Vocabulary - Activity (18 pts.)

Directions: Please use vocabulary resources by defining each term. They will need to use your definitions as definitions on their exams (2 pts. per 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

An essential 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 the formula $\text{C}_2\text{H}_3\text{O}_2\text{Na}$. It is a white crystalline solid and is used as a preservative in food. It is also used in the production of rayon and in the treatment of acidosis.

6. Disease

A condition or state of the body that is not normal and is often caused by an infection or injury.

7. Stress

A physical, emotional, or mental factor that causes mental or bodily strain, or tension. It can also refer to the amount of pressure or strain.

8. Exercise

Foundations Of Personal Fitness Chaptertests Answers

SJ Ball



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