

Core Vocabulary: Check word meanings orally with students. Discuss meanings and give examples for any unknown words or concepts. Use graphics and Reading Passage -Section 4 to help clarify.
(Note: Definitions for some medical terms are provided here solely as an aid to instructors.)

physical activity

control weight

high blood pressure -

when the blood flows through the arteries at a greater than normal force; also called 'hypertension'. This can harm the arteries and increase risk of stroke, heart attack, and other diseases.

lower stress

resistance training -

exercise designed to increase muscular strength, usually through use of weights, stretch bands, and one's own body weight

muscles -

body tissue made up of bundles of cells or fibers that move body parts by lengthening and shortening

joints -

the joining or connection between two or more bones

reduce the risk of disease

free or low cost activities

Supplemental Vocabulary (words which may come up in oral discussions or supplemental activities)

From the article: “**Physical Activity and Health**”

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| Surgeon General - | the head of the United States Public Health Service |
| strenuous | |
| benefits | |
| moderate | |
| brisk | |
| duration | |
| derive | |
| excessive | |
| sedentary | |
| chronic | |
| coronary heart disease - | a heart disease that happens when the arteries that supply blood and oxygen to the heart become narrow or blocked |
| diabetes - | a disease in which the body does not produce or properly use insulin. The body needs insulin to let the glucose (sugar) in our blood get into our cells to fuel them so they can do their jobs. If glucose builds up in the blood instead of going into cells, it can cause problems. Right away, your cells may be starved for energy. Over time, too much glucose in the blood may hurt your eyes, kidneys, nerves or heart. |
| obesity - | when a person is carrying too much body fat for their height and sex |

SECTION 4
IMPROVING YOUR HEALTH – PHYSICAL ACTIVITY

VOCABULARY LISTS

consult
percent
engage
Caucasian
affluent
anxiety
foster
lean
intensity
frequency
calorie -
stave off

a unit representing the energy
provided by food