

# Physical Fitness



# Vocabulary

**Stroke:** a sudden disabling attack or loss of consciousness caused by an interruption in the flow of blood to the brain.

**Endurance:** the ability to endure an unpleasant or difficult process or situation without giving way.

**Alleviate:** to make (suffering, deficiency, or a problem) less severe.

**Bone loss:** a condition in which overall bone density decreases

**Posture:** the position in which someone holds their body when standing or sitting.

**Limber:** (of a person or body part) flexible and fit.

**Anxiety:** A feeling of worry, nervousness, or unease about something with an uncertain outcome.

**Uneven:** not level or flat; irregular.

**Chunk:** a significant amount of something.

# Introduction

Physical fitness is a general state of health and well-being or, more specifically, the ability to perform aspects of sports or occupations. Physical fitness is generally achieved through correct nutrition, exercise, hygiene and sufficient rest.

