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Chapter 15: Staying Physically Active: A Way of Life—Glossary

aerobic activity. An activity that uses large muscles and is done at a moderate, steady pace for fairly long periods. The heart and lungs are able to meet the muscles' oxygen needs throughout an aerobic activity.

agility. The ability to change body position with speed and control.

anaerobic activity. An activity in which the muscles are using oxygen faster than the heart and lungs can deliver it.

balance. The ability to keep the body in an upright position while standing still or moving.

cardiorespiratory fitness. The body's ability to take in adequate amounts of oxygen and carry it efficiently through the blood to body cells.

coordination. The ability to integrate the use of two or more parts of the body.

flexibility. The ability to move body joints through a full range of motion.

heart rate. The number of times the heart beats per minute.

maximum heart rate. The highest speed at which the heart muscle is able to contract.

muscular endurance. The ability to use a group of muscles over and over without getting tired.

physical fitness. A state in which all body systems function together efficiently.

Physical Activity Guidelines for Americans. A set of recommendations that specify amounts and types of exercise individuals at different stages of the life cycle should do to achieve health benefits.

posture. The position of the body when standing or sitting.

power. The ability to do maximum work in a short time.

reaction time. The amount of time it takes to respond to a signal once the signal is received.

resting heart rate. The speed at which a person's heart muscle contracts when he or she is sitting quietly.

speed. The quickness with which a person is able to complete a motion.

strength. The ability of the muscles to move objects.

target heart rate zone. The range of heartbeats per minute at which the heart muscle receives the best workout; 60 to 90 percent of maximum heart rate.